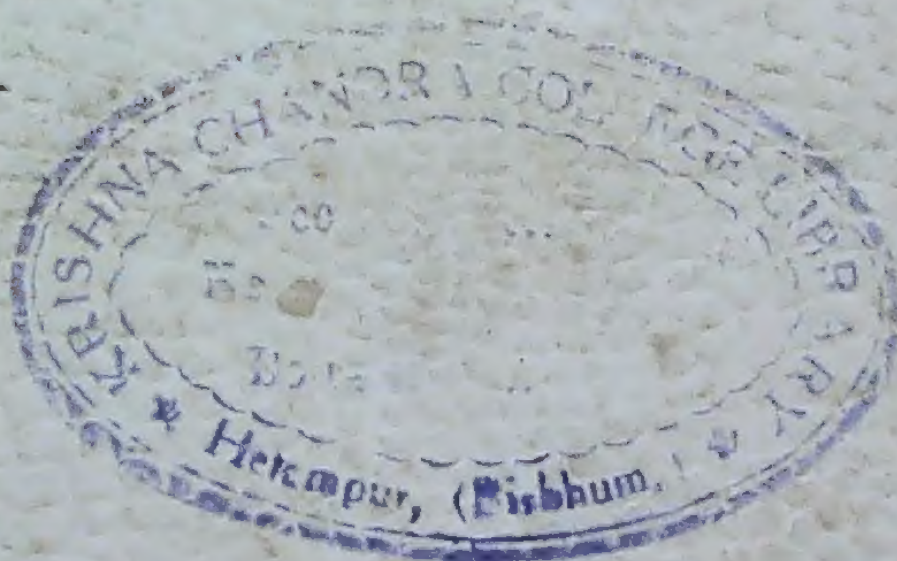


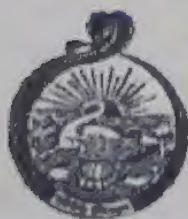
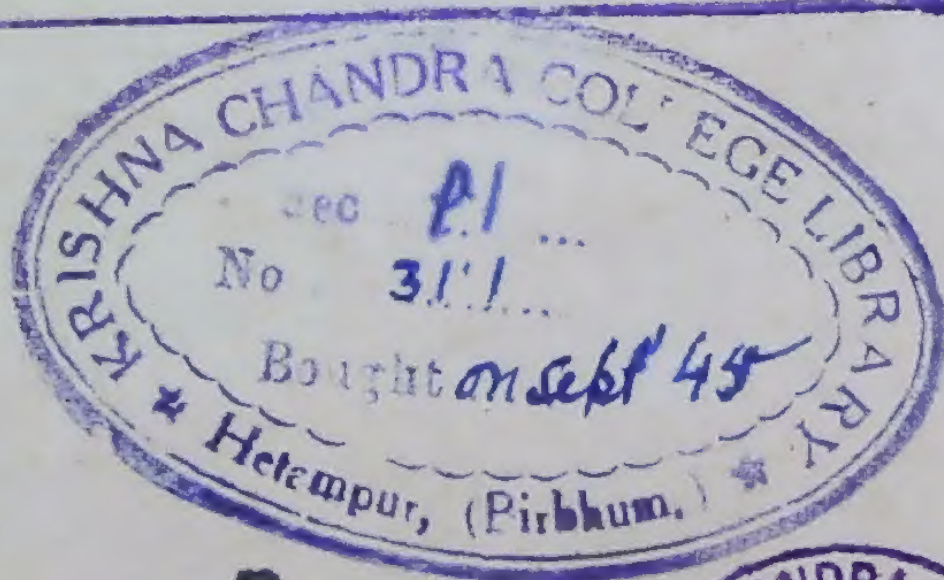
DIVINE COMMUNION



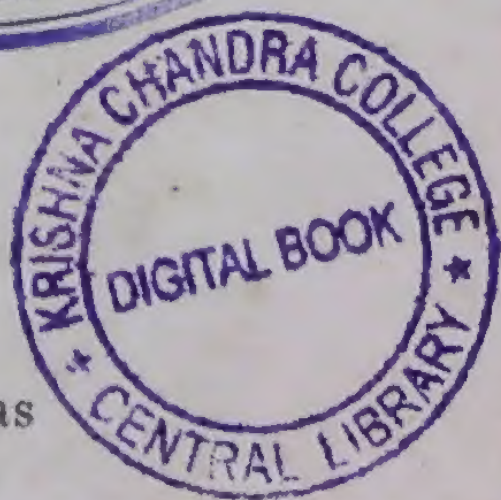
SWAMI GNANESWARANANDA

DIVINE COMMUNION

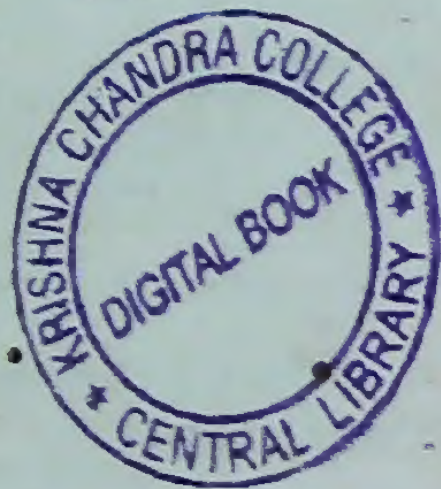
K. L. COLLEGE LIBRARY	
HETAMPUR	
Accession No521.....
Call No	294.555/GNA-di
Purchased on
From
SWAMI GNANESWARANANDA	
Price



ADVANTA ASHRAMA
Mayavati, Almora, Himalayas
1944

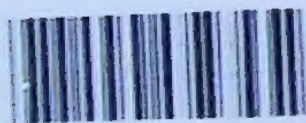


Published by
SWAMI PAVITRANANDA
ADVAITA SHRAMA
Mayavati, Almora, Himalayas



SECOND EDITION

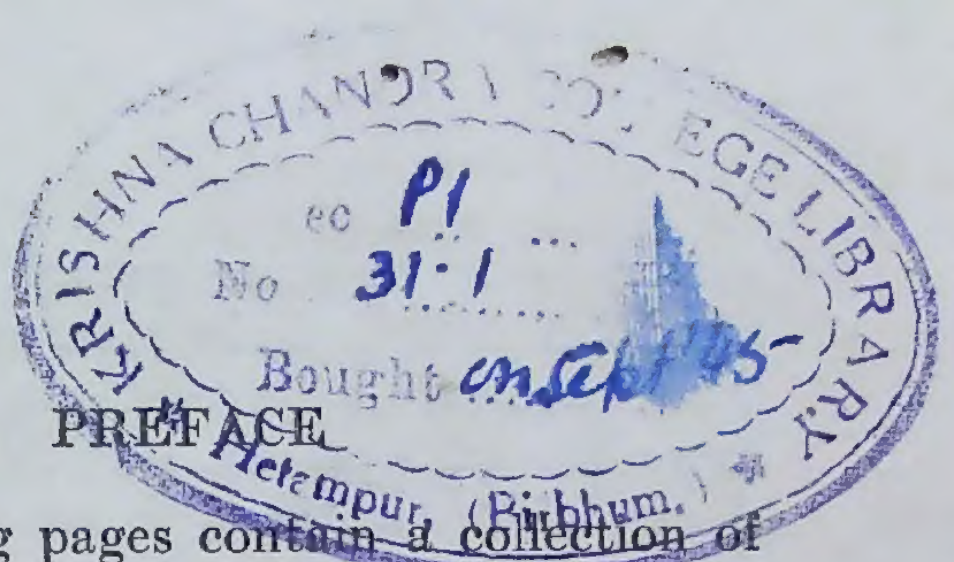
KCC



R521

PRINTED BY
K. C. BANERJEE,
AT THE MODERN ART PRESS
1/2, DURGA PITHUR LANE
CALCUTTA, (INDIA)

PI
31-1



PREFACE

The following pages contain a collection of "prayers" which were offered by the author at the beginning and close of his Sunday public lectures, as well as study classes. Yes, they are prayers, affirmations, assertions, meditations—whatever one pleases to call them—in fact, all in one. It is customary with the author to chant a Sanskrit text, before uttering the English version which was taken down by different stenographers. Being asked by his American students whether the English was a translation of the Sanskrit he chanted, the author's reply was: "No, the Sanskrit I chant for my own inspiration, the English you get is the result of it."

In presenting this volume to the general public, the author feels himself confronted with a good many questions regarding the source, veracity, and proper application of the words retold in the following pages.

Often, in chanting the well-known ancient Sanskrit texts, thought-images came into his mind and formed themselves into the English words acceptable to his Western audience. The beautiful imageries used by many Hindu

writers of vernacular poetry have also inspired his heart, finding expression likewise. Consequently, he cannot claim any one of these thoughts as exclusively his own; and if, in following them, a scholarly reader is reminded of passages from the Upanishads, or poems of Hindu vernacular poets, let it be understood that he submits his modest homage to such sources, both ancient and modern. If again, such readers, expecting faithful translations of those inspiring sources, accuse him of distortion of the original, he humbly pleads not guilty, for in sooth, he did not take upon himself the task of a translator. He used such originals as he thought fit to inspire him under special circumstances.

In offering these to the average Western reader, unacquainted with Hindu philosophy, a few preliminary words are necessary. According to the Hindu mode of thinking, God is essentially impersonal and absolute, and relatively personal and concrete. Monism is the final reality; qualified monism and dualism are readings of the same truth. Thus from a dualistic standpoint, prayers offered to a deity, conceived of as separate and distinct from the worshipper, are accepted by Hindu philosophy as of great value for

some. Prayers are answered if projected with sufficient force of conviction. Others conceive of the deity as the all-perfect indweller of the human organism. The effort of such devotees, belonging to the qualified monistic fold, lies in getting a clearer perception of the inner God in any shape or form. The monists meditate on the one infinite reality by eliminating "name and form" from their consciousness. What remains after such negation is the Absolute Brahman.

It matters little whether one is a monist, qualified monist or dualist in one's conviction and effort, so long as one follows a path sincerely. All paths lead to the same goal.

A careful reader will have no difficulty in sorting these meditations according to the three above-mentioned heads of classification, and in selecting his own favorites.

To gain the fullest practical benefit of these thoughts the reader is requested to memorize his favorite ones. By constant mental repetition he should try to get into the conscious state presented therein. Regular daily practice, in seclusion, is strongly recommended. Meditation on a personal human ideal, living or dead, in the relation of a master, guide or guru, has been found by many as highly

beneficial at the beginning. If the mind wanders away from the ideal, and cannot be brought back, the aspirant is advised not to get tense, but to let it ramble, while he should repeat with every breath, rendered deep and rhythmical, the sacred syllable "aum" (pronounced as spelt) until the mind is tamed. It should always be remembered that nothing great can be achieved by tricks; long, patient practice is necessary before the fruit of any science or art can be enjoyed, and mysticism is no exception.

A casual reader may find, in these meditations, repetitions of some ideas. But he is requested to note that such ideas are always clothed in different imageries. For those who care to practise, such reiteration would be more a help than hindrance. Moreover, in presenting the same thought in different settings, the author intends to give sincere seekers the benefit of their choice.

My sincere gratitude is due to my friends and students, who have helped me in every possible way in getting this volume out.

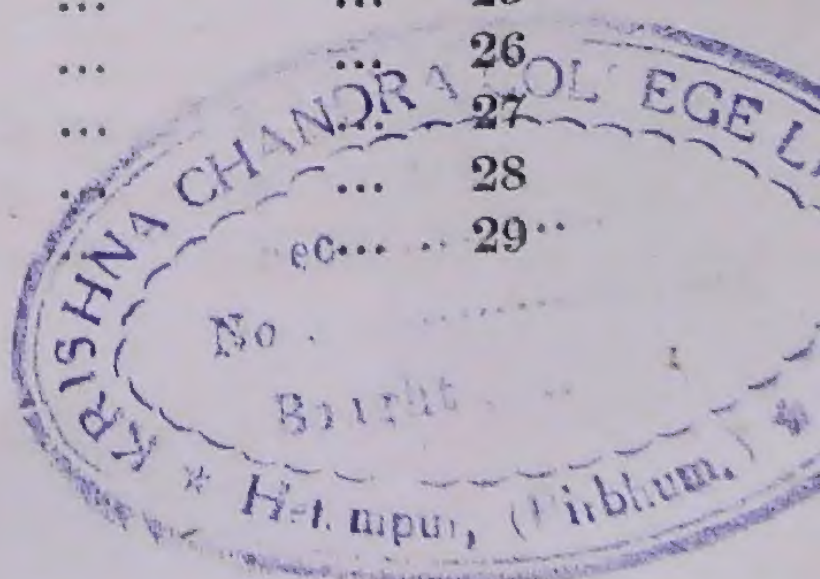
GNANESWARANANDA

VEDANTA SOCIETY,
CHICAGO, ILLINOIS, U.S.A.
September, 1936.

P1
31-1

CONTENTS

	PAGE
I AM MY OWN GUIDE	1
I AM THE SOURCE	2
I HAVE NO FEAR	3
I AM THE CHILD OF BLISS	4
IN PEACE OR IN STRUGGLE I AM THE SAME	5
I AM MADE OF THE LIGHT OF TRUTH ...	6
THOU ART MY SUBSTANCE	7
MY DIVINE SELF ENJOYS THE DRAMA OF LIFE	8
WHEEL OF EVOLUTION	12
MAY WE LIVE TO LEARN	16
MY DIVINE GUIDE	17
DIVINITY	18
LIGHT IN DARKNESS	19
NEVER SHALL I BEG	21
MY CHARIOTEER	22
BAFFLED TRAVELLERS	23
THOU AND ME	24
REVELATION	25
MIRROR	26
MY WORLD	27
WITNESS	28
MY SOURCE OF POWER	29

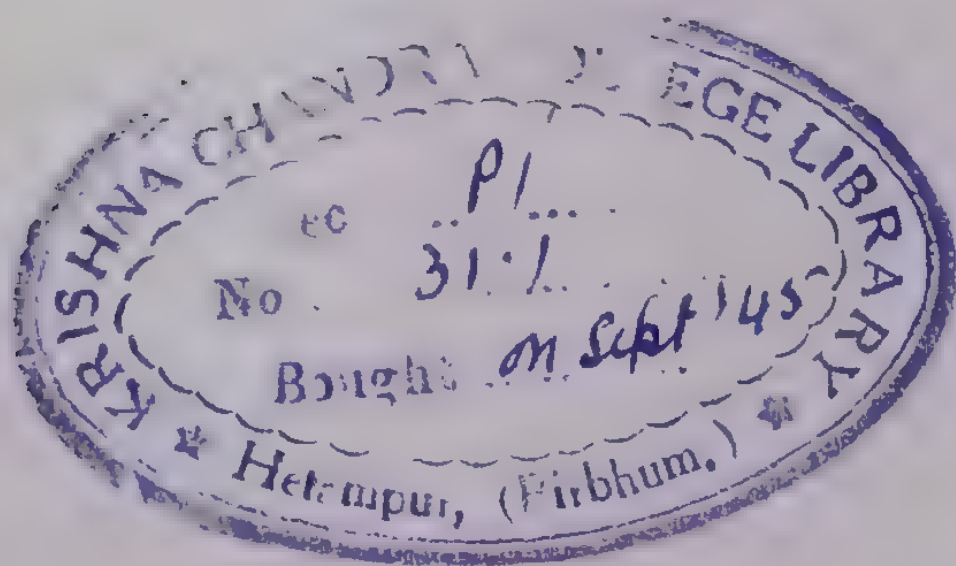


MY VESSEL IS FULL	31
AUM	32
A TONE IN THE COSMIC SYMPHONY	33
COSMIC SOUND—NADA BRAHMAN	34
I AM THE ONE IN THE MANY	35
MY INFINITE SOURCE OF GOOD	36
MY LIFE IS A TERM OF SERVICE	37
MAY THE DIVINE LIGHT SHINE	38
BE THOU MY LIGHT	39
THE PILOT OF MY BOAT	40
DWELLER OF THE HOME OF BLISS	41
WHO AM I?	42
CONQUEST	43
I AM THAT	44
I AM BRAHMAN	45
COMPLETE SATISFACTION	46
DIVE DEEP, MY MIND	50
MY GOD, THE ONE AND THE ALL	51
OUT OF THE SLOUGH OF DESPONDENCE	52
WAKE UP, MY SOUL!	53
THE FOUNTAIN OF BLISS	54
UNIVERSAL LOVE	55
DISCRIMINATION	57
THE DEITY OF THE LOTUS-LAKE	58
POWER	59
RADIANCE	60
THE DIVINE LIGHT WITHIN	61
PENETRATION	62
THE GOLDEN THREAD	63

TO THY KINGDOM OF LOVE	...	64
LEAD ME TO EVER-LASTING LIFE	...	65
THE DWELLER OF MY HEART	...	66
COME TO MY AID—I NEED THEE	...	67
MY LOVE TO ALL	...	68
ALL CREEDS LEAD TO THE ONE	...	69
DANGER	...	70
VOYAGE	...	71
THE DEITY IN MY SHRINE	...	72
FLOAT NO MORE	...	73
WHEN THE DIVINE LIGHT SHINES	...	74
HEAVEN	...	77
COMPANION	...	79
KUNDALINI (ASLEEP)	...	80
WAKE UP, O MOTHER DEAR !	...	81
KUNDALINI (AWAKENED)	...	82
GOAL	...	88
DECLARATION	...	90
MY TEMPLE OF WORSHIP	...	91
DIVINITY	...	92
THE DIVINE MOTHER	...	93
GOD, THE MOTHER	...	99
GOD WITHIN—MY MOTHER	...	101
THE MOTHER	...	107
UNDERSTANDING	...	112
VICTORY	...	113
FULLNESS	...	114
THE LIGHT WHICH NEVER FAILS	...	115
MY REFUGE IN THE FORAY OF LIFE	...	116

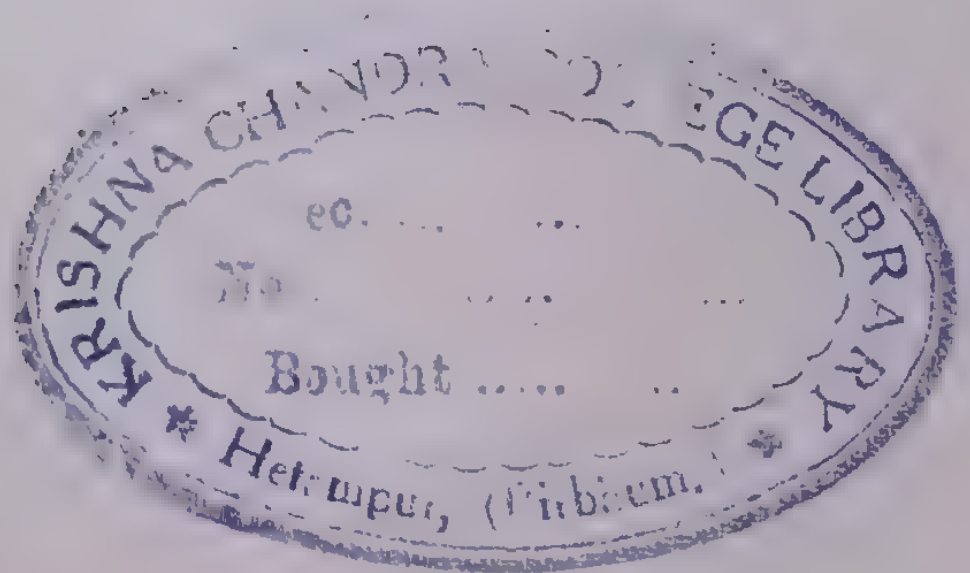
IMMORTALITY	117
KINGDOM OF HEAVEN	119
BEGINNING AND END	121
SPIRITUAL HEALING	122
ECHO	123
ON THE SHORE OF LIFE	125
THE UNKNOWN FRIEND	126
PERFECTION	127
BLISS OF BRAHMAN	128
PHENOMENA AND REALITY	129
THE BIRD OF HEAVEN ON THE TREE OF			
LIFE	133
THE ABSOLUTE ASSUMES A FORM	136
EMBRACE	141
THE TRAVELLER'S RETURN	142
IDEAL STATE	144
SUNRISE	146
ONE IN THE MANY	148
RELATIONSHIP	149
WHAT TO LIVE FOR	150
MUSIC OF THE SOUL	151
INSPIRATION	152
MY BEACON OF GUIDANCE	153
THE DIVINE CHILD, THE WITNESS OF			
THE DANCE OF LIFE	154
DRUNK FOREVER	158
MY BLISSFUL SELF	159
TAKE ME ACROSS	160
JOURNEY'S END	162
SALUTATIONS TO THE MASTERS	166

DIVINE COMMUNION



I AM MY OWN GUIDE

I laugh at myself when I pray. To whom can I pray? Who is there besides my all-pervading self! But I want to play; I want to act; I like to hear myself talk. Just like a child at play, I stand before a mirror and create my playmate, whom I call my Self, my Guide, my God. But who can guide me if I guide not myself!



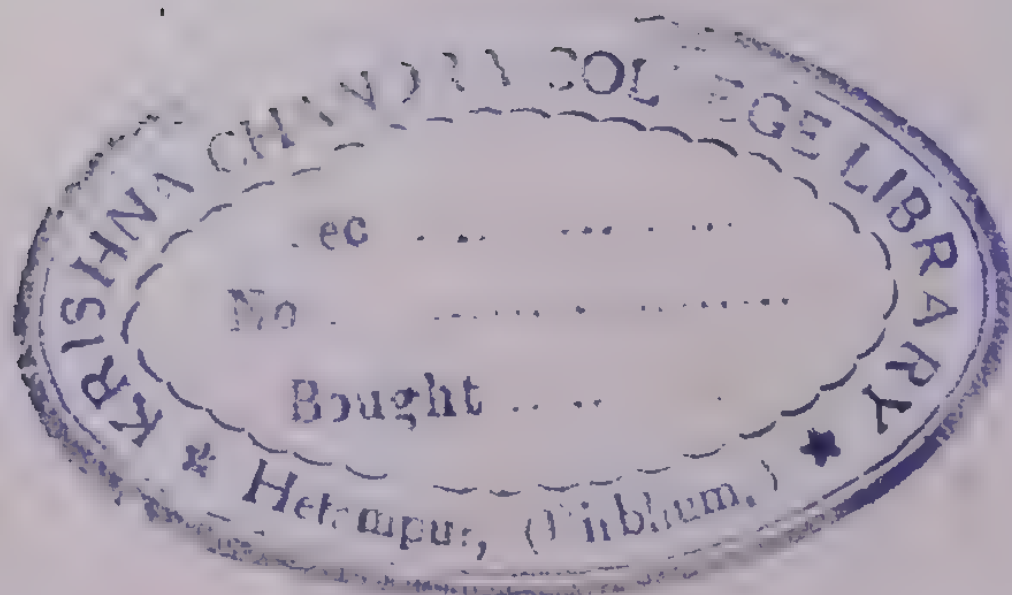
I AM THE SOURCE

I am neither the body nor the senses or the mind—I am Existence Absolute, Knowledge Absolute, and Bliss Absolute! In me there is no narrowness, no fear, anger or hatred. I am the All; in me is everything; I am in everything. I am the friend, the brother, and the lover of all. I am present in every atom. From the highest down to the lowest, I am the essence of all. It is my light that illumines the sun, the moon, the stars, and the planets. It is my existence that holds together all the pieces in a harmonious whole. It is my love which acts as a sustaining power to create all beauty, utility, and excellence. I am the essence of all Truth, Goodness, and Beauty!

p1
31-1

I HAVE NO FEAR

I am neither a beggar nor a sinner ! I am that ever-effulgent, ever-blissful, and ever-peaceful Self. I have no fear nor any sense of weakness or depression. I am the ever-perfect One, universally present everywhere. I am the base of the universe; I am the creator, I am the preserver, I am the destroyer ! I am the source of all strength ! I am the power of all powers !



I AM THE CHILD OF BLISS

Infinite Brahman is in front of me, it is to the rear, it is above, it is below, it is all around, it is within ! The entire universe is saturated with the ambrosia of that Divine Bliss. I am That I am that ever-blissful Brahman; I am that never-failing light, the source of infinite happiness, the fountain of all love, and the eternal foundation of friendship and peace !

IN PEACE OR IN STRUGGLE I AM THE SAME

That Infinite and Absolute Reality, out of which this universe has manifested, is full, complete, divine, and perfect. This creation, which is the effect of that Divinity, is also divine, pure, and perfect. I, as a spark of that One Cosmic Fire, am one and the same with the Source. Infinity taken out of infinity is infinity; infinity added to infinity is infinity! No matter where I am—in life's field of battle or in the peaceful rest of Samadhi—I am never separated from my Infinite Source. I am That! I am That! I am That!

I AM MADE OF THE LIGHT OF TRUTH

That Infinite Reality out of which this universe has emanated is full, complete, all-perfect and divine. This manifestation, individual as well as collective, being the result and effect of that infinite divine cause can only be divine, full, perfect and complete. May I realize this truth in the depth of my heart and feel that even though I wear the 'limiting conditions' as my garments, fundamentally I am one with that Infinite, Divine Principle. May I constantly feel the presence of that divinity within and act by its inspiration letting that divine light shine brilliantly through every atom of my being.

THOU ART MY SUBSTANCE

Verily Thou art the Infinite and Absolute Principle, but my finite mind cannot comprehend Thee as Thou art. Following the limitations of my senses, I call Thee my Loving Mother, or look upon Thee as my protecting Father. At all times I find in Thee the sweetness of a friend and the fellowship of a companion. In Thee I find the great illumination of wisdom, love, and understanding. I recognize Thee in the man as well as in the woman. I realize Thy presence in the high as well as in the low. I rejoice to recognize Thy sweet caress in all Nature. Thou art like the string which runs through all the beads in a necklace, holding together various elements of this beautiful universe in perfect shape and harmony. All the forces are complete in Thee. Thee alone I love, Thee alone I see, Thee alone I recognize as the one source of Light!

MY DIVINE SELF ENJOYS THE DRAMA OF LIFE

All thoughts have been completely erased from the tablet of my consciousness. All limitations of the body, mind, and emotions have been transcended. One infinite ocean of absolute bliss prevails. Out of the depth of that limitless ocean of bliss issues, like the play of an eternal fountain, a wondrous symphony! In overflowing joy it fills infinite space with a divine melody! It is sweeter than the music of thousands of delicate instruments, yet it is more powerful, uplifting, and energizing than any worldly music. Although it has a subtle undertone of true harmony, it is sparkling with variety. It weaves the most intricate patterns of color and form by its exquisite network of melodies, and with the rise and fall of every tone of that cosmic symphony manifestation appears and disappears. It is the one inexhaustible source of inspiration for all manifestation. Unceasingly it plays, sometimes softly and gently, sometimes with a thunderous roar! From this eternal fountain of phenomena all forms are brought forth—

MY DIVINE SELF ENJOYS THE DRAMA OF LIFE

all beauty, pure and inspiring, also heart-rending devastation, horrible, and terrifying!

By its inscrutable power it creates a rhythmic motion in every manifestation. The cosmic rhythm controls the internal feeling of every form. A mighty dance, in rhythm with that heavenly symphony, is in progress. The sun, the moon, the stars and planets, oceans and mountains, rivers, forests, beasts, birds, and man—nay, every atom of this universe—is dancing in the rhythm of that universal symphony which projects, by its own power, the primal categories of time, space, and causation! Impelled by that cosmic symphony this universe moves; and again, by the power of that eternal music, manifestations are withdrawn into the one, primordial element. There is music behind every form! There is rhythm behind every action! There is melody behind every thought and feeling! One infinite symphony forms the cosmic background of Shristi, Sthiti, and Laya!

That cosmic symphony has encircled me from all around! It enters within my system through every pore of my body, filling me up completely! It exercises an enchanting influ-

DIVINE COMMUNION

ence over all the different members of my inner and outer being. By its magic touch all discord has vanished. It has united all the different functions of my system into one perfect symphony. Completely inspired by the influence of that eternal music, they have all joined together in a perfect dance. At every step of their rhythmic dance they are creating beauty and proportion. In every expression of their melodious song they are projecting power and purity. Such harmony and bliss prevail within that it surpasses the enjoyment of all worldly pleasures, though intensified to their highest pitch !

What is the reason for this joyous performance? For whose enjoyment has this colossal spectacle been presented? An endless celebration has been offered by a mighty artist! Who is the honored guest? Lo, on the lotus of my heart is seated the Majestic One! In royal aloofness he enjoys the play presented to him. He inspires all, yet he does not take any active part in it. Every member is pouring out its inner joy for the worship and adoration of that one—the ever-blissful Knower, the eternal Subject of all knowledge !

MY DIVINE SELF ENJOYS THE DRAMA OF LIFE

I meditate on the lotus of my heart on that Eternal Subject, the Real Self, who is the witness, the inspirer, and the honored guest of the entire drama of life! It is the one eternal and changeless principle in the midst of all changing phenomena. It is the one unlimited in the midst of all limitations. It is the one beyond action, in the midst of all activities. It is the Self of all manifestations—the universal One, the storehouse of absolute Existence, Knowledge and Bliss—and, I am That!

WHEEL OF EVOLUTION

An atmosphere of perfect tranquillity, peace, and bliss rules supreme. By its radiance, power, and grace it has completely removed even the remembrance of everything disturbing, distracting, and weakening. A unique sense of joy, strength, and love finds expression within me. It has obliterated all worldly thoughts, and has brought into manifestation a new world of inner experience. I find myself seated in peace and composure under a brilliant fountain which showers upon me, from overhead, a heavenly substance of infinite perfection, peace, and bliss. It is a fountain, not of any earthly element, and no worldly words can describe it. I perceive only the dazzling fountain-head. The source of the supply is lost in infinity. I feel, all over my body, the downpour of that divine substance. As the hungry soil absorbs the water of the first rain, so my whole system drinks in the ambrosial shower which falls upon me. The touch of it over my body is so uplifting, purifying, and strengthening that I feel completely healed of all defects, diseases, and

WHEEL OF EVOLUTION

shortcomings. It has become resplendent. Every atom is shining in heavenly perfection and beauty. My inner senses and faculties have also absorbed that divine substance, attaining a complete transformation. Divine beauty, infinite strength, and uncaused, absolute love has saturated me. Such a sense of complete satiety, tranquillity, and peace occupies my inner kingdom that I feel that there is nothing more to attain. No state of worldly enjoyment can be compared to this divine bliss which I am enjoying in every atom of my being. An all-inundating flood of bliss has entirely filled up all the soil within me—there is no space, no function, no atom except that one ocean of bliss. But there is still a seed of yearning retained in my heart: “May that Infinite again manifest in the form of the many, so that I, as the lover, may contact, commune with, and love the concrete, with a love the like of which never was, or ever will be.”

A new revelation takes place. The curtain is lifted, and in the place of my heart appears a sanctuary. On a lotus throne is seated a divine being, human in form yet composed

DIVINE COMMUNION

of all divine qualities. Its* body is made of radiant light. Every limb and every atom of that figure expresses the highest beauty, infinite perfection, and absolute power. It showers upon my entire inner kingdom its bounties of love, peace, and bliss by its radiant smile. All my senses, my mind, and ego have united in perfect harmony to drink deep the perfection, the love, and the beauty of their one beloved on the throne of the lotus of my heart. Every desire, every wish, and every hope has found complete fulfilment in its contact with its god of love. What more is there to enjoy? What else is there to attain? As the result of that complete satiety the individual ego consciousness, the "I am", is melting away. There is no need for "me" to exist when all desires have been attained.

The round of evolution is complete; a new transformation takes place. A mighty vibration sweeps away all forms, qualities and limitations. The "I" and the "thou" merge

* The aspirant is free to conceive of it in masculine or feminine form according to his taste. In such cases we use the pronoun "it", instead of "he" or "she".

WHEEL OF EVOLUTION

into oneness. No more is "I" or "thou"; no seer or object seen ! One infinite reality exists without any form, beyond space, time or causation—the primal essence of absolute existence, knowledge, and bliss !

MAY WE LIVE TO LEARN

May that All-loving, Infinite, and Absolute Being protect us all together! May He grant us everything we need for the upliftment of our spiritual consciousness! May He endow us with vitality and strength! May He invigorate our energy, and so direct our senses that we may receive the light of knowledge and understanding! May He unfold the inner potential divinity within us! May whatever we study from day to day bring us more and more purity, strength, goodness, and love! May our entire lives be one complete term of education! May we live to learn!

MY DIVINE GUIDE

On the Sahasrara, the thousand petaled lotus, located in the brain center, I meditate upon the effulgent form of my great Master, who is the embodiment of infinite wisdom, who is human yet endowed with all divine qualities, whose divine power inspires my thoughts, invigorates my actions, and adds strength and beauty to my expressions. He leads me by the hand through all the varieties and vicissitudes of life. He protects me; he guides me; he loves me, filling my heart with a divine ecstasy of heavenly bliss! I feel the presence of that divine power within me, and with a heart full of the spirit of adoration and love I take refuge unto that leader of my soul!

DIVINITY

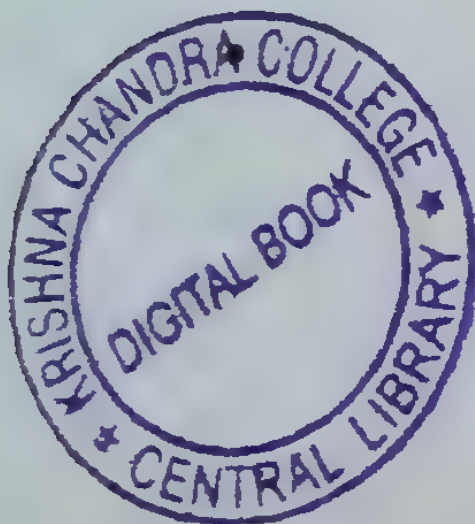
I meditate on my divine, higher self—the witness, the knower, and inspirer of this organism—symbolized by a beautiful, soothing, and brilliant light, located within the heart, which sends around a flood of divine substance, bathing my whole inner being. It purifies and vitalizes my body, mind, and spirit. Although the inspirer of my system, it always remains in the position of the witness, never taking any active part in the operation of the body or mind. Through all the changes of my physical and other systems, the witness self remains unchanged. It is beyond disease, beyond sorrow, suffering, and death—the eternally pure, the storehouse of all perfection, purity, peace and strength!

LIGHT IN DARKNESS

Looking within, I find the human organism presenting itself in the form of a chariot, facing the army of its adversaries formed in battle array. My apparent self seems to be afraid. Its understanding has been bewildered. I cannot decide how to proceed in the battle of life. I am quite helpless; I raise a voice of supplication: "Show me the way! Decide for me what is right! Give me the strength and power to follow unswervingly the course of truth!" The sincere surrender of the human self brings into revelation a heavenly reality in this organism. A celestial being, in the form of a beautiful young boy, smilingly appears as the driver of my chariot of life. Willingly and lovingly he renders heroic assistance for the proper guidance and triumph of my cause. His uplifting presence has brought new vigor and power to my sunken vitality; his inspiring words of wisdom have enlightened my understanding, and are directing my chariot to the citadel of victory. I meditate upon the Divine Leader of my soul, who

DIVINE COMMUNION

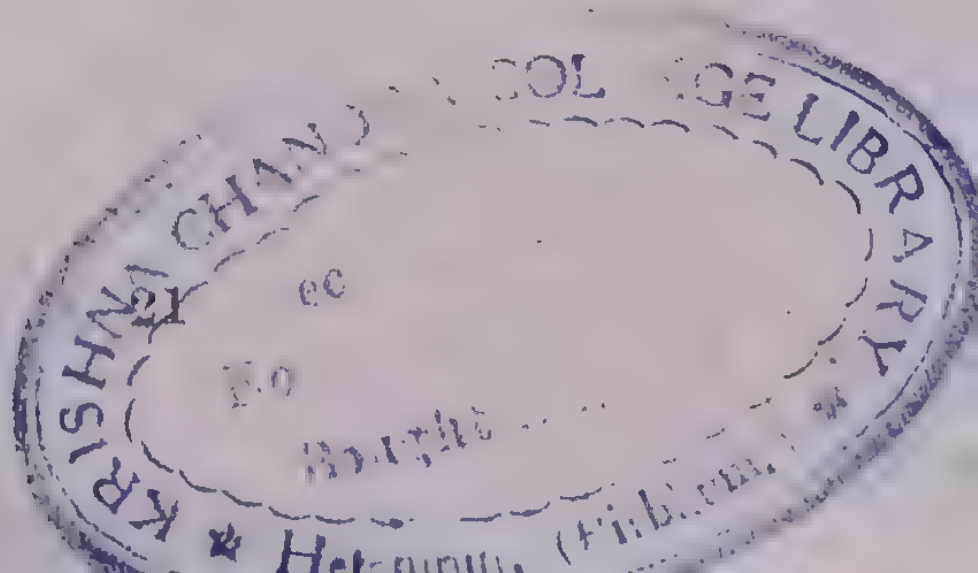
resides in my body. May he who is the mover of my being lead, guide, and protect me through the battle of life !



NEVER SHALL I BEG

Seeking peace, happiness, and perfection I have knocked at the closed door of every sense object; I stand absolutely alone—completely baffled! I wonder where could be the home of that perfection which I feel to be so near, and yet so far! Who will lead me? Who will show me the way? My inner Divine Self, I appeal to Thee! I am tired and weary; I want to enjoy infinite rest. Lead me by the hand!

I hear a voice from within asking me to turn around: “Turn completely around! Thou hast been carrying the infinite store of divine perfection always at thy back, without realizing that thou wert never separated from that divine source of supply. Turn toward it; look straight at thy treasure; don’t beg at the door of beggars; own thy own possession; establish it in thy heart. Divine perfection has always been thine!”



MY 'CHARIOTEER

Awake and arise within me, Oh my Divine
Guide, the leader of my journey of life !
Let the tumult and the noise created by the
boisterous senses be hushed into slumber so
that I can hear distinctly Thy voice of wisdom
and truth. Let the fear of phantoms caused
by darkness be removed by the brilliance
of Thy smile. Rule supreme, and lead this
chariot of my life safely to the goal of eternal
peace, rest, and perfection !

BAFFLED TRAVELLERS

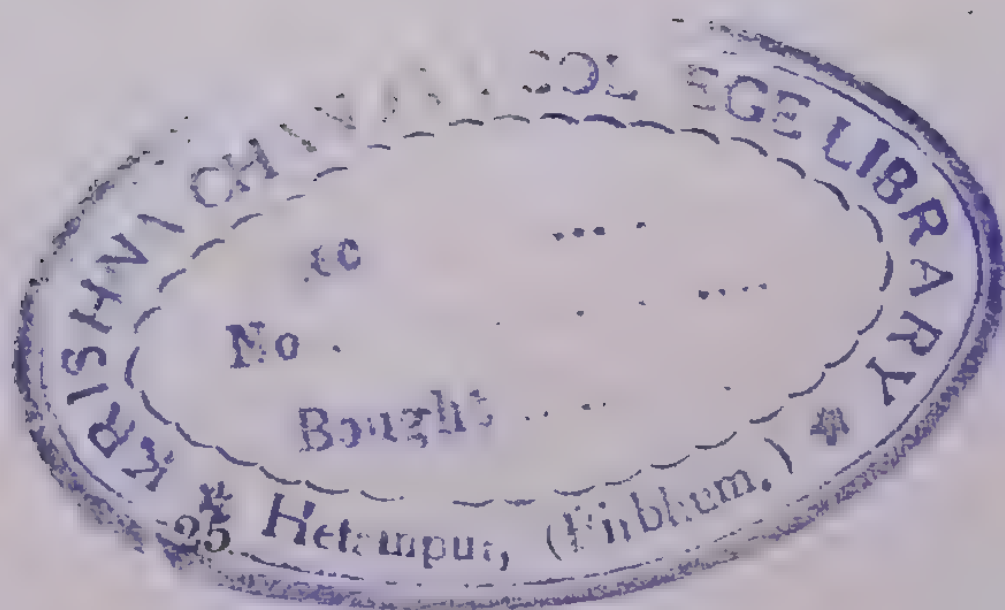
Beyond the planes of awakenment, dream, and sleep, is the abode of the Self. Acts and words only raise the dust of the way; blinded and tired they fall on the road. Thoughts and feelings moisten the dust, climb up the hill, but come down the slippery precipice. Knowledge takes to flight, and floats up to a dizzy height, only to discover that a turn was wrong—he took the down for up, and up for down in the haze of empty space! None can enter that region, so far yet so near, with self-consciousness or pride. The Self shines only when the “I” falls to the ground.

THOU AND ME

At last I have discovered Thee, in our game of hide and seek. How cleverly Thou concealest Thyself behind the screen of "me". But I have torn off the screen, and Thou hast no dark spot to hide behind. Thou art the "I" of my "me", the Seer of my sight, the Knower of my knowledge—where is anything without Thee! In the brilliance of the sun shines but a ray of Thy light, the vastness of space is only a speck of Thee; infinite time is only a step of Thy dancing feet. O Almighty, the game is over, now take me into Thee!

REVELATION

A new consciousness dawns upon me as I meditate on the infinite divine reality on the lotus of my heart. Like the rising sun it brings revelation, beauty, and power to all my faculties. It dispels the darkness of ignorance and narrowness, removes the chill of fear, and reveals a new universe in the light of the truth. I feel my identity with the divine light, and realize my body and mind as instruments used by the divine reality. I am That ! So'ham !



MIRROR

Oh, Driver of the chariot of life, I beseech
Thy steady help! May Thy vivid presence,
Thy words of encouragement, and Thy brilli-
ance of understanding lead me along the
turbulent highways of life. With Thy cheer-
ful smile remove all fear and darkness from
the path. With Thy never-failing power,
invigorate my senses. Thou, within me, art
the mirror which holds the clear reflection
of the all-loving God!

MY WORLD

I meditate, on the lotus of my heart, on the divine effulgence of Brahman. It adds beauty, power, peace, and perfection to all of my faculties. It shines in peace and tranquillity undisturbed by any agitation of the outside world. All my senses have been drawn inward by its beauty and power. They are drinking deep of its nectar, which flows out like a fountain, filling my entire system. Immortal bliss emanates from every pore of my body, radiating a divine effulgence all around me. It illumines every object which I contact, revealing the hidden divinity behind every form. With the help of the brilliance of the divine light within me, I live and move and have my being in a world of my own peace, beauty, and perfection.

WITNESS

I am neither the body, nor the mind; my real self is beyond the range of the intellect and feelings. I am the witness, free from all the experiences and contacts appearing and disappearing on the surface of the body, mind, and feelings. My real "I", which is ever-brilliant and all-powerful, looks from its exalted position upon all acts, thoughts, and feelings and inspires the senses. Good or evil, success or failure, health or sickness, heat or cold can never disturb the peace and tranquillity of my real self. It is the omnipotent God within! Although its power inspires, invigorates, and enlivens the minutest atom, it is the free, the knower, the ever-blissful, and all-perfect Self!

I meditate, on the lotus of my heart, on the divine effulgence of Brahman. It symbolizes the post-sense beauty, transcendental peace, and divine perfection. It strengthens and purifies my body, mind, and spirit with its divine effulgence. It shines through all my actions, expressions and feelings. Constantly I commune with the divinity which is the basis of my being.

MY SOURCE OF POWER

As I collect my thoughts and direct them within I feel a divine presence shedding its heavenly lustre on all my senses. It invigorates my energy, purifies my thoughts and feelings, and reveals the truth in all its brilliance.

I meditate, on the lotus of my heart, on that effulgence of the Divine Reality which is infinite and formless, and yet concrete and personal—in whom all seeming contradictions meet. May that Divine Being illumine my understanding, so that I may comprehend the Reality concealed behind every form. May that Divine One strengthen and harmonize my feelings, so that an incessant stream of universal and uncaused love may flow from me, uninterruptedly, unchanged by any event! May that one source of infinite strength invigorate all my senses, so that I may express the Truth without weakness or faltering! May all my acts and endeavors be so harmonized as to let out that divine light more and more vividly through all my life's activities! May it occupy the whole

DIVINE COMMUNION

of my being, and absorb my self-consciousness within its infinite bliss !

MY VESSEL IS FULL

Going deep into the bottom of my consciousness I find that calmly and peacefully, I am sitting under a huge fountain of divine perfection and infinite bliss. Slowly and gently a divine element is bathing my entire being with the substance of divine perfection. The caressing touch of the downpour cleanses, purifies, strengthens, and beautifies my whole system. A constant current of heavenly bliss is flowing within me. It entirely fills up my senses, my thoughts, and emotions. There is no more room for any agitation or tremor within me. Perfect calm, tranquillity, fullness, and bliss rule supreme.

A-U-M

Bringing a unique revelation of knowledge, peace, and bliss, an incessant sound of A-U-M is ringing within me. In perfect cadence and rhythmic succession the tone of "A" (awe) arises, ascending to its heights in the "U", and then descending in the "M", giving rise to another; and on and on it goes for ever. This music is the primordial substance of bliss, and like a fountain it spreads all over me, nourishing my system, and adding strength, beauty, and perfection to all my expressions. It forms the very basis of my being. I meditate on that primal and divine manifestation of the sound, the highest symbol of Brahman, and feel that in THAT we live and move and have our being.

A TONE IN THE COSMIC SYMPHONY

All my senses have been hushed to a state of silence, tranquillity, and peace. They have all been withdrawn from the external world and have been concentrated within. An atmosphere of divine bliss and peace rules supreme within and all around. Out of the depth of that silence issues a sweet melody, its source invisible, but vivid and all-pervading in its expression. It spreads itself in a graceful wave-like motion. It has fascinated all my faculties, and has added serenity, grace, and beauty to every atom. It inspires me so powerfully that I can hardly keep myself in the position of a listener. A tremendous force draws my ego toward the center of the symphony. My self-consciousness melts away, and joins the cosmic melody, becoming one with it. All forms vanish—the symphony alone exists! It flows on and on for ever, ceaselessly—beyond time, space, and causation! It is existence absolute, bliss absolute, and knowledge absolute—I am That!

COSMIC SOUND—NÂDA-BRAHMAN

Behind the intricate and complex symphony of Maya I hear one constant note which sustains the symphony. Like the ocean sending up and down its waves, that cosmic tone gives rise and fall to every individual note which forms the symphony. It is the soul of the universe. It is the sustaining principle of each individual. I meditate upon Brahman, the constant reality which sustains us, inspires us, and strengthens us through the symbol of sound.

I AM THE ONE IN THE MANY

Brahman, or that infinite and eternal storehouse of Absolute Existence, Knowledge, and Bliss, is the source out of which every manifestation has emanated, in which it evolves, and into which it enters for eternal rest and peace. Consequently, I am made of the stuff of immortality, power, and perfection. In the course of my present manifestation; no matter how it appears to be, it is that fundamental substance which predominates. My birthright is one of infinite power; in divine perfection I move; and when this journey ends I shall remain emerged in that eternal ocean of bliss.

I meditate on that unity of life, and feel a Divine Presence within me and all around me. Illumined by that light within, I recognize one Divine Reality in every form I contact. May that Divine Light shine more and more radiantly! May it remove all obstructions, burn off all impurities, and add strength, vigor, and beauty to every atom of my being! I consecrate my life as a great offering, for the achievement of that One, which is the source of the many!

MY INFINITE SOURCE OF GOOD

On the lotus between my eye-brows I meditate on that self-effulgent light of Brahman, contemplation on which removes mountains of obstacles, dangers, and difficulties, and makes the path smooth. I meditate on that eternal source of goodness, communion with which unfolds more and more power, strength, and goodness. I meditate on that perennial source of all enjoyment, the slightest touch of which supplies me with everything good for my physical, mental, and spiritual advancement. To let that never-failing light shine through every expression of my life I keep constant watch on that eternal source of Truth, Purity, and Bliss.

MY LIFE IS A TERM OF SERVICE

Brahman, or that ever-perfect, absolute, divine entity, is the essence and basic principle underlying every phenomenon. May we so act as to reflect more and more that Infinite One, in and through our expressions. May we coat and cover every endeavor of ours with the divine nectar of inner perfection. May we live our entire lives, acting for the upliftment of our own self, and for the good and benefit of every being in this universe. May we not covet anything which does not belong to us; may we not be greedy of sense enjoyments, but be satisfied with those granted to us by the Divine, and enjoy them with purity, piety, sacrifice, and service. May we realize more and more the presence of that One-without-a-second in every manifestation of this universe!

MAY THE DIVINE LIGHT SHINE

May we hear the inner voice of truth and wisdom by means of our ears; may our sight be constantly engaged in seeing visions that are uplifting, elevating, and purifying; may our thoughts remain perpetually saturated with ideas and ideals that embrace everything, and with feelings which emanate vibrations of peace, love, and good-will to all beings. May we so live, act, and express ourselves as to manifest more and more that Infinite and Universal Truth, which is the fundamental and basic reality of our being!

BE THOU MY LIGHT

May that all-perfect, ever-effulgent, and eternally existing Self invigorate our senses so that they may bubble with the energy of Truth. May that Divine Self illumine our understanding so that our thoughts may be directed by the heavenly torch of love, friendship, and fellowship. May we so live and act as not to hide or deny the universal, effulgent, and all-embracing light within; may we so proceed along the pathways of our lives as to bring into expression the glory and purity of that hidden perfection. May that inner voice of Truth lead us, guide us, and protect us along the journey of our lives !

THE PILOT OF MY BOAT

Thou art the pilot of my boat across the ocean of life. It is Thy radiant smile which reflects itself in the form of everything good, beneficial, powerful, and beautiful. All my trials and tribulations are only jokes from Thee; storms and mist and the roaring waves are but Thy gleeful jest!

Onward my Pilot! I have every confidence in Thee. So long as Thou leadest the way, my little boat can never be lost!

DWELLER OF THE HOME OF BLISS

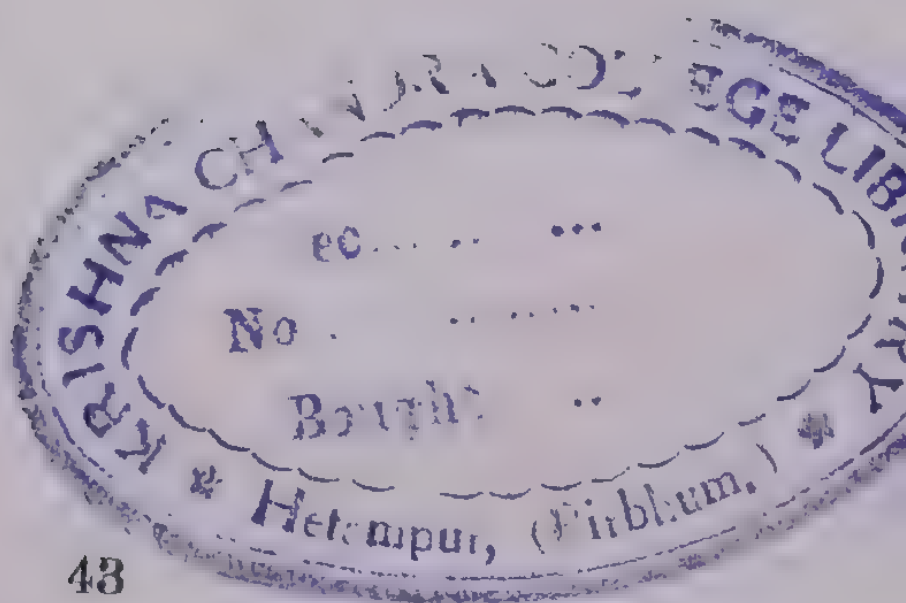
Diving deep within my inner consciousness I have discovered the citadel of peace. There perfection, calmness, serenity, and bliss reign supreme; there the perennial light of knowledge shines without a flicker, and the perpetual zephyr of universal love gently blows. Night and day do not exist there. The nectar of truth feeds every object, and the melody of understanding brings beauty and repose to every member. I am a dweller in the home of bliss !

WHO AM I?

On the lotus of my heart I meditate on the divine effulgence of Brahman, which fills up my body, mind and spirit with peace, perfection, and bliss. It removes all disease, worries, sorrows, sufferings, and ignorance. It shines out through every action, thought, and feeling, and radiates through every pore of my being. It has completely transformed my ego consciousness, and I feel that I have no other self apart from that divinity within. I am the immortal, all-powerful and ever-blissful One !

CONQUEST

As I direct my consciousness within, a heavenly entity presents itself in the forefront of my field of action, a veritable battlefield, in which the forces of good and evil constantly fight against each other. This divine being presides over my battle of life. Although right in the midst of action, he transcends all activities. He is the inspirer, not the doer. He is the revealer, distinct from the objects revealed. Like a true friend he whispers the counsel of truth directly to my heart. I must conquer if I submit my ego to Him !



I AM THAT

God, that Infinite Reality, is within me, all around me. It is above me and below me; it is behind and in front of me. It sustains all my thoughts; it feeds my feelings, it energizes my acts. In and through all my endeavors let me feel that it is that all-perfect, all-loving God who expresses Himself through the instrumentality of my feelings, intellect, thoughts, and acts—verily, I am That!

I AM BRAHMAN

I meditate, on the lotus of my heart, on the divine effulgence of Brahman. It fills my body and mind with strength, purity, peace, and perfection. It keeps me constantly above the turmoil and disturbance of life. Feeling my identity with my divine self, I know myself as the witness, the inspirer, and the substance of my organism. I am Brahman, the Free, the Knower, the All-perfect, and Ever-blissful Infinite Reality!

COMPLETE SATISFACTION

I am seated under a fountain of light. Overhead there is a living light-fountain, the source of which is unknown. It is showering upon me a constant stream of a heavenly substance. It is made of light, yet it is much more subtle, powerful, soothing, and uplifting than material light. It is the essence of absolute existence, infinite knowledge, and eternal bliss which is being poured upon me, constantly.

I am receiving the downpour upon my body; a feeling of tranquillity, peace, and bliss has overwhelmed me. My physical body has been completely transfigured and transformed by receiving the shower from that heavenly fountain. Every atom of my body has absorbed that substance, and it appears resplendent with the divine effulgence of that powerful element. There is no impurity, no disease, no weakness or shortcoming in my system any more. I feel the awakening of a unique power within me. It is divine! The power of peace and love is rising within, filling my entire system with celestial bliss!

My inner senses and faculties have also

COMPLETE SATISFACTION

absorbed that divine substance. They have been purified, strengthened, and vitalized by receiving the downpour from that heavenly source. My mind has attained to a state of absolute tranquillity. All agitations have vanished. The truth of that divine reality is expressed so vividly before my mind that there is no need for it to swing constantly between the poles of ascertainment and doubt. Moreover, it has obtained the highest fulfilment of its desires. Consequently, it has attained to a state of perfect bliss. Tranquillity, peace, and love have occupied my whole system. My love has attained to a state of perfection in which there is no need for any object to stimulate it. It flows out in a constant stream, and keeps my entire being in perfect harmony and rhythm with the rest of the universe.

Looking deeper into my being I come to a region within the innermost recesses of my heart. I distinctly perceive the radiant form of a heavenly being, seated majestically on a beautiful white lotus. It is human in form, yet all the heavenly qualities have found complete expression in the presence of that King of my heart. What a radiance of peace and

DIVINE COMMUNION

love emanates from every pore of His body ! What a vibration of joy and fulfilment is scattered by the heavenly smile that plays constantly on His countenance ! My faculties have completely turned inward and I enjoy, to the fullest degree, the beauty, the grandeur, peace, and perfection of that divine presence within me. Catching the radiance of the divine one, all my senses and faculties have appeared in heavenly beauty. They are all presenting the picture of complete perfection. It is bliss ! It is love, peace, and tranquillity which surcharge the whole atmosphere ! With a voice more melodious than a melody played on thousands of perfect instruments, the divine being reassures us of his love, kindness, and protection. "Have no fear," it declares, "I am the self, the soul, the source of everything ! Come unto me ! Contact my perfection and thou shalt attain infinite bliss ! Although thy vision might be shadowed by the clouds of ignorance, concealing my presence from thy sight, yet it is my power, it is my perfection, my presence which acts through all thy thoughts and endeavors. Turn around and contact my radiance, and thou shalt go beyond all doubts, sorrows, and

COMPLETE SATISFACTION

sufferings ! Thou shalt attain immortality !”
The divine presence has fulfilled completely all the desires of all my senses and faculties—there is nothing else to wish ! My separate self-consciousness has no reason to stand aloof any longer. A tremendous attraction from that divine being seems to draw my self-consciousness toward it. Another transformation has taken place. Form is melting away—no color, no sound, no touch, taste or smell ! The form of that divine being has dissolved. One infinite substance, composed of bliss, covers up the whole firmament. It is unity—it is fullness which prevails ! There is no limit to that one, which is without agitation, change, or transformation—and verily I am That.

DIVE DEEP MY MIND

As I direct my thought-currents within, I perceive on the lotus of my heart the presence of the Divine Being, smiling in universal love, radiating joy, peace and perfection, captivating all my senses and faculties by Its* inspiring beauty.

Dive deep, dive deep my mind, do not float on the surface of the ocean of consciousness, exposing thyself to the fury of the tempest of time and events. Dive deep! In the bottom of thy consciousness discover the abode of the adorable one. Stay in constant touch with the God of thy heart. Drink deep of His inspiring love, kindness and knowledge. Remain constantly intoxicated by the ambrosial drink of his beauty and perfection. All thy desires and aspirations will be fulfilled, and thou shalt attain immortal bliss, infinite existence, and absolute perfection!

* God or the Infinite Divine Reality is absolute and impersonal and is beyond sex. A devotee can conceive of it in a concrete personal form, male or female, and meditate on such a relative ideal, to be able, eventually, to realize the impersonal.

MY GOD, THE ONE AND THE ALL

I am completely surrounded by an infinite ocean of bliss. It is in me, all around me; it is the substance on which every other object floats like a bubble. In meditation, when I eliminate the external world and remain absorbed in God within, my separate ego dissolves in that one substance of bliss. Again, in the course of my life's endeavors, when I extend my consciousness toward the world of phenomena, I realize that every object I contact is a manifestation of my God, my beloved. I worship my God with offerings of acts, words, and thoughts. Constantly I stay in close contact with the adorable One. At the end of this play, may I be able to attain infinite rest, peace and bliss in a complete union with that One Reality of my adoration !

OUT OF THE SLOUGH OF DESPONDENCE

Wake up, my divine self; sleep no more !
It is time to get up and manifest thy
effulgence in all its power, in all its purity,
in all its vitality. I am feeling so forlorn,
so forsaken, so weak and depressed without
thee ! Stand by me, my guide, my eternal
friend, my constant companion, and lend me
thy helping hand ! Thrill me by the touch
of thy all-loving, all-illuminating, and strength-
giving touch. Rise up, ascend to the heights
of heavenly glory, infinite knowledge, and
endless bliss ! Lead me there, where no
depression mocks, or despondence chills, or
fear fetters my feet; where light never fades,
and casts no shadows; where life is freedom,
love its breath, and peace and bliss its food
and drink. Arise, awake, my soul, and walk
the way with me !

WAKE UP, MY SOUL!

One Infinite Reality alone exists; all appearances are but fantasies, having no existence! There is one Brahman—the True, the Good, the Beautiful. Phenomena is only Maya—it is a nightmare! Wake up, and enjoy the reality! Just as a person, awaking after a nightmare, gives no consideration to his dream experiences, so waking into reality, one perceives that under all circumstances that • One-without-a-second alone exists. Fear, hatred, narrowness, and jealousy are but phantoms of the darkness of night. Wake up, my soul, and enjoy the sunshine of Love, Truth, and Goodness!

WAKE UP, MY SOUL!

One Infinite Reality alone exists; all appearances are but fantasies, having no existence! There is one Brahman—the True, the Good, the Beautiful. Phenomena is only Maya—it is a nightmare! Wake up, and enjoy the reality! Just as a person, awaking after a nightmare, gives no consideration to his dream experiences, so waking into reality, one perceives that under all circumstances that • One-without-a-second alone exists. Fear, hatred, narrowness, and jealousy are but phantoms of the darkness of night. Wake up, my soul, and enjoy the sunshine of Love, Truth, and Goodness!

THE FOUNTAIN OF BLISS

As I direct my consciousness within, I perceive a luminous fountain of bliss, which sends out in heavenly grace, beauty, and brilliance a constant spray of light, bathing and purifying my entire system. As it plays it sings a delicate melody which fills my whole being. It fascinates all my senses. They are feasted and fed by the ambrosial repast. Their hunger and thirst for objects have been quenched forever. They are enjoying heavenly bliss !

UNIVERSAL LOVE

As I look within, I feel the presence of a divine substance in the place of my heart. It radiates a powerful vibration of peace, strength, love, and bliss, all around. It has completely saturated all my different functions and faculties. My mind has attained a state of absolute tranquillity, peace, and rest. It doesn't flicker any more, and appears resplendent with the brilliance of the divine power within. My emotions have been perfectly balanced so that a powerful current of universal love constantly emanates from me. I feel that I am the friend of all; I am the servant of all; nay, I am the Self of all. It is my proud privilege to love, and to serve, my divine universal Self. Within every entity I find the vivid presence of my God, my beloved. My physical body has absorbed the divine stream. All disease, imperfection, weakness, and fear have been completely dispelled from my system. Through every pore of my body the divine light is radiating all around, keeping me constantly emerged in happiness,

DIVINE COMMUNION

health, power, and peace. I carry the message of friendship, fellowship, and love for all beings.

DISCRIMINATION

I meditate on the transient nature of all phenomena, contacts, and deeds. Like lightning they come and go. I perceive the changeable nature of my body, mind, and consciousness. They are not the same any two moments. How vain are my fears, hopes, and aspirations! What on earth is there to wish or work for! Health of the body is a mirage; wealth, but the morning's dew; happiness of the senses, a will-o'-the-wisp—where then is the abode of Truth? When the senses desire naught, the mind does not flicker, and the ego is one with pure consciousness, then is revealed the light of Truth.

THE DEITY OF THE LOTUS-LAKE

An atmosphere of deep tranquillity and peace surrounds me completely. It has entered into my system and has exerted its power on all my functions and faculties. Undisturbed rest and peace prevail within and without. Taking advantage of this unique tranquillity and peace, a new revelation takes place within. The lake of my consciousness becomes absolutely calm and still, and on it appears a beautiful white lotus. Seated on the lotus is the figure of a Divine Being in human form. Such beauty, love, purity, power, and perfection radiate from the body of that Divine One that it has captivated all my faculties. Every atom of my being appears resplendent with the glory of that divinity within me. All weakness, ignorance, and fear have been completely dispelled by that divine light. Even my physical body has been transformed by absorbing the ambrosial substance which is constantly emanating from the Deity on the lotus of my heart. Complete rest, absolute bliss, and tranquillity prevail.

POWER

On the lotus of my heart I meditate on the beautiful manifestation of the Divine Mother, representing highest beauty, peace, glory, power, and perfection. Her radiance illumines and vitalizes all my senses. Her beauty reflects on every atom of my being. Through her unparalleled power she destroys all evil forces, and leads my soul towards the realization of absolute peace, knowledge, and perfection.

RADIANCE

I meditate in the secret chamber of my heart on that effulgent, all-perfect, all-powerful light which is the substance of my life, the source of all my inspirations, and the refuge of my body, mind, and spirit. May that infinite light shine more and more, and pour out its divine beauty and brilliance through every act, every word, and every thought of mine ! May it absorb my separate self-consciousness, and own completely my body and mind, choosing them as its instruments for the manifestation of its own perfection !

THE DIVINE LIGHT WITHIN

I am neither the body nor the mind. I am absolutely aloof from all the experiences which the body or the mind gather. I am the witness. I am the all-perfect and all-loving infinite reality. Divine perfection resides within this body and mind. Through every act, thought, and feeling that Divine One is expressing Itself. I am the essence of absolute existence, unlimited knowledge, and infinite bliss !

I meditate upon that Divine Reality on the lotus of my heart. Like a brilliant but soothing light it illumines the body, mind, and spirit, removes all darkness and ignorance from this system, purifying and vitalizing all its actions and expressions. It adds beauty and perfection to every atom which constitutes this organism. Let the divine light shine without any obstruction or hindrance ! Let my entire life be converted into one constant expression of that divine and infinite good within !

PENETRATION

I meditate on the eternal source of Truth, Goodness, and Beauty. I meditate on God, who is the fountain-head of infinite happiness and absolute bliss. The soul of goodness, purity, truth, and beauty pervades all space. It runs through every pearl, holding it in place and beauty, forming a precious necklace. God is the cause and essence of all. Only the veil of illusion and deception obstructs my vision. Bestow upon me the light of penetration which can peer through this veil of Maya, so that I may contact directly that source of perfection which is within. O Lord! O Thou All-loving Being, help me to see through this formidable wall of Maya! Shine through every faculty of mine, and purify all my senses so that they may be invigorated by Thy touch, by Thy perfection, purity, and goodness, and reveal Thee in all Thy beauty!

THE GOLDEN THREAD

My thoughts have vanished, memories faded away. An inner world has opened its gate to me. I feel the presence of the all-loving, Divine Principle, filling and feeding my body, mind, and spirit. An infinite, all-loving, and all-powerful Divine Spirit runs through everything. The golden thread of that divine love holds every atom in order, harmony, and beauty. Within my being it forms the basic power which feeds and nourishes all my actions, thoughts, and expressions. Under all circumstances—in health or sickness, in prosperity or adversity, in union or separation—I contact that Divine Presence illumining my heart, inspiring my thoughts, and invigorating my actions.



TO THY KINGDOM OF LOVE

May that All-loving Being tie us all in abiding fellowship; may He bestow upon us right understanding; may He teach us the secret of right living; may He give us strength which will keep us firm and steady through all obstacles and difficulties; may He invigorate us with that love which will always be the beacon light to lead us onward, until the final goal is reached.

LEAD ME TO EVER-LASTING LIFE

Lead me from the unreal to the real; from the darkness of ignorance show me the way to the perennial light of knowledge and understanding! From the miseries of death, disease, and suffering guide me to life eternal in the Infinite! Reach me through and through and saturate every atom of my being with Thy substance! Caste on me Thy kind, compassionate, and uplifting glance, and surcharge me with Thy enthralling love!

THE DWELLER OF MY HEART

I meditate on the lotus of my heart on that ever-effulgent, all-loving, all-knowing, kind, and compassionate Being, who is the soul of my soul, who is the inner voice of my wisdom, who is the never-failing light of my understanding, who leads me by the hand through the rough path of life, and through whose kindness I receive all that is uplifting, strengthening, and beautifying. I send my reverential salutations to Him. May I enjoy, every moment, a closer touch with Him in the heart of my heart, through all my actions, thoughts, and speech !

COME TO MY AID—I NEED THEE

O my Soul, my Divine Reality, I know fully well what is the truth; I know what is righteousness; I know what are perfection and goodness! But, to my utmost disappointment, I realize how difficult it is to persuade my obstinate and wayward mind to follow the path of truth.

I am fully conscious of ignorance, unrighteousness, narrowness, and meanness; but alas, that is the course which my disobedient mind must follow, in spite of my resistance! I have a hard time to control, chastise, coax or persuade this spoiled child of mine! I am so alone, forsaken, and helpless!

Realizing this, I invoke Thy help. Oh, my Divine Self, wake up! Help me and join hands with me so that I may be able to live a perfect life, radiating the light of Peace, Love, and Truth!

MY LOVE TO ALL

Let all nature, both internal and external, be surcharged and saturated with the cosmic vibration of universal peace, love, and friendship. Let the winds blow in all directions carrying from us the message of deepest faith, fellowship, and understanding for all beings in the universe! Let the rivers flow, singing to all the sweetest melody of universal acceptance and tolerance! Let the sun overhead bathe us with the celestial rays of friendly service and mutual appreciation! Let evenings and dawns, earth and sky, mountains and forests, beasts and birds be filled and inspired with the sacred feeling of universal brotherhood. Let the sweet carols of birds, the radiant smile of flowers, the soft rustlings of leaves, and the murmuring music of the brooks broadcast the joyous message of harmony and peace! Let every breath, which flows from us, create a strong current of universal divine service for all beings!

ALL CREEDS LEAD TO THE ONE

May that one, infinite, all-loving and universal Being, who is worshipped as Shiva by the Hindus, as Brahman by the Vedantists, as Jehova by the Jews, as the Buddha, or the Enlightened one, by the Buddhists, as Father in Heaven by the Christians, as Ahuramazda by the Zoroastrians, as Allah by the Mohammedans, and in various other forms and names by the different followers of the Truth—may that One and Universal Being—who possesses universal understanding, universal love, and universal acceptance and friendship—shed upon us the light of understanding, so that like so many rivers issuing out of different sources, and following different courses, we may at last come into the infinite ocean of Truth, and become one and inseparable. May we all, following our different paths, according to our understanding, taste, creed, and temperament, finally come to the realization of the One-without-a-second!

DANGER

A solitary sail boat is moving in the rough and boisterous ocean of time. Oh, what a pity! The five materials out of which this frail little boat was made have never undergone any repair or reinforcement since it was constructed. Its nine port holes remain gaping open against furious storms and dashing waves. Its crew of ten sailors seem to be all drunk and unruly. Oh! where is the captain? My soul! My divine reality! My captain! My saviour! Where art thou? Wake up, control thy unruly crew, otherwise thy boat will sink in the mid-ocean of life! Hold on to the helm, my captain, and take me to the other shore, where the sun never sets; where everything is light and effulgence; where life is abundant and eternal; where knowledge is unlimited and bliss unobstructed.

VOYAGE

Oh, my divine self, my guide, thou art the polaris of my sky. In this voyage across the ocean of life I shall never lose sight of thee. Storms might rage, tempests might roar, and obstructions come by thousands, but nothing could hide thee from view for thou shinest in the sky of my mind. Thy light it is which removes all obstructions of the path. Let thy love be the wind of my sails, thy constance my anchor, thy smile my sunshine, and let thy hands alone steer my boat.



THE DEITY IN MY SHRINE

Perfect calm and peace prevail within and without. My entire system is sustained in perfect rhythm as the cosmic melody of the primordial word "AUM" travels in and out with my slow and deep breathing (Repeat "Aum" mentally with every breath for two minutes).

My mind dives deep into the calm lake of my consciousness and enters the innermost sanctuary of my being. I perceive a glorious Divine Being seated majestically on the lotus throne of my heart. He is human in shape, yet contains all the divine qualities of beauty, goodness, truth, and power in their highest perfection. He is the only source of infinite power; he is the one storehouse of eternal bliss; he is knowledge absolute, existence absolute, and beauty unparalleled! He feeds, nourishes, and beautifies all my senses and faculties! With his heavenly power he supplies the motive force behind my existence—my acts, thoughts, and feelings. He is my real Self! The body, mind, and other faculties are but instruments manipulated by that Divinity.

FLOAT NO MORE

Dive deep, dive deep, my mind, into the depth of silence! Do not float on the surface. Do not expose yourself to the frenzy and fury of external circumstances. Storm and tempest disturb only the surface, but you dive deep. In the depth of the ocean of consciousness discover the glorious crystal palace of peace. Drink deep the heavenly nectar of beauty, love, and perfection, which constantly flows from the fountain of bliss.

• With all thy senses have constant communion with the deity of the palace. All sorrows and sufferings will vanish; all thy wounds will be healed and thou shalt enjoy eternal peace, rest, and perfection.

WHEN THE DIVINE LIGHT SHINES

Looking within, in the sky of my consciousness, I have discovered the brilliant pole star which directs the voyage of my life. Clouds may scatter, storms may burst, winds and waves may be dashing, but nothing can conceal the radiance of my constant star, which is within. Nothing can disturb the peace and tranquillity of the inner firmament. It shines, smilingly, as it were, and whispers to my ears loving counsel. Sometimes, it transforms itself into the form of a human friend, companion, guide or master. He leads me by the hand; he cheers me up when I am weary and tired; he nourishes me when I am depressed. At other times he pours out a divine radiance through every pore of my body, which stands in the form of a brilliant aura around me, forming a protecting wall. Evil thoughts and destructive influences wait outside the wall, not daring to come near that Divine Presence which I hold on the lotus of my heart. Whatever object I contact receives the light which is shed from within me. Even material objects assume heavenly beauty, illumined by that

WHEN THE DIVINE LIGHT SHINES

divine glow. Consequently I contact nothing but divinity; I see nothing but beauty; I receive nothing but divine blessings. My omnipotent Divine Self, attaining a human form, sits majestically on the throne of the lotus of my heart. All my senses and faculties have turned completely around and are looking steadfastly on that Divine Reality. What a current of bliss, knowledge, and strength emanates from my God on the throne of my heart. It has completely purified my inner faculties; my intellect has caught the heavenly fire and reflects nothing but divine light. My emotions have been strengthened and transformed and a constant flow of universal love issues out of my feelings. My mind has attained new power; all doubts and misgivings, anger and jealousy, narrowness and selfishness have disappeared forever. It reflects a divine bliss and projects a perfect picture of happiness, knowledge, and love. Even my physical system is aglow with the radiance of the divine presence within. Every atom of my being has absorbed the strength, the purity, and the perfection of my Divine Self. All ailments, diseases, and imperfections have been completely washed out of

DIVINE COMMUNION

my system and I am radiating all around an effulgence of divine perfection. I meditate on the lotus of my heart, on my Divine Self which is the pole star, the director, leader, and inspirer of my thoughts, feelings, and acts. I am That! So'ham! Hamsah! I am That!

HEAVEN

Like a balloon of light, my consciousness gradually ascends higher and higher. From its lofty position the world below appears like a picture. All undulations and barren spots have been unified into one panorama of gorgeous scenery. Its dimensions and reality have almost vanished. The distinction between high and low, beautiful and ugly, fruitful and barren has merged into one consciousness. It is all beauty undifferentiated. Higher above soars my consciousness. The world below with all its experiences has entirely vanished. A new vista opens; a kingdom of peace and bliss reveals itself. Abundant light, infinite happiness, and complete satiety charge the atmosphere of that inner realm. Variety and novelty still prevail. Color, sound, touch, taste, and smell in their subtlest and most beautiful form exist there. The senses and faculties do not have to go out to seek gratification of their desires, for an abundant supply is showered upon them. What else is there to desire? Complete satisfaction and infinite bliss rule supreme. Yet one

DIVINE COMMUNION

yearning rises from the very bottom of my heart. I want to contact and enjoy the divine reality in a more concrete way. A screen is removed, and in the place of my heart appears the celestial form of a divine being seated in glory on the throne of the lotus of my heart! I am in heaven enjoying constant communion with the God of my heart!

COMPANION

On the lotus bed of my heart I perceive the beautiful figure of a divine being lying fast asleep. A brilliant radiance is emanating from every pore of his body; the illuminating rays are thrilling, energizing, and purifying me. My contact with this sleeping being keeps me alive, sends me inward into the field of spiritual attainment, and enables me to maintain my position in the beautiful field of life. But I feel so alone, so forlorn, without the awakenment—without the active touch—of this inner divinity of mine. I am afraid. I long for a companion. I want someone to help and encourage me in the activities of my life. Wake up, Oh my divine self, sleep no more! Wake up and cover me, saturate and surcharge me with thine invigorating energy! Lead me by the hand, protect me, guide me, be my friend, my helpmate, my father, my mother, my companion—nay, be one with me. Absorb my little ego into thine, so that there will be only one presence, one entity, one reality shining forth, in and through all my endeavors.

KUNDALINI (ASLEEP)

Who is it that lies so peacefully, fast asleep, without any motion or action, on a beautiful lotus at the base of my spine, divinely illumining the inner chamber of my being? A heavenly nymph entrapped in the coil of a snake! Basic power is she—the mother of the universe, lying in a slumber so deep! Now I know I am the child of Infinite Power! I am afraid when the mother is asleep; I am lonesome when the mother does not speak. Art thou hurt because I neglected thee? Wert thou lonesome too, while I spent the livelong day in my play with dust? Wake up, mother dear, thy child returns home! Cast thy smiling glance, and speak to me. I pray unto thee, wake up, and sleep no more! Throw off thy viper-snare, and holding my hand walk up to thy favorite chamber, and sit on the lotus of my heart. As the queen of thy home rule me, and all my senses, with thy all-powerful love!

WAKE UP, O MOTHER DEAR !

I meditate upon that infinite and eternal source of all power, who is my Divine Mother, out of whom this universe has emanated, in whom it exists, and in whom it rests after dissolution. I meditate upon that perennial fountain-head of all knowledge, eternal bliss, and infinite power. Arise ! Awake ! O Mother dear, fill me with thy presence; saturate me with Thy radiance, peace, and bliss ! May it please Thee to lead me by the hand through every step of my life !

KUNDALINI (AWAKENED)

What a thrill of joy, strength, and satisfaction runs through my veins when I think that God in His infinite love and kindness looks after me, leads me by the hand, and keeps me in constant touch with His inexhaustible sources of supply! Foreseeing my needs, like a kind mother, He has kept me surrounded with everything that I might stand in need of, at any time during my life's march. The machinery of my body and mind have been created out of the five great elements of earth, water, air, and ether. They contain within themselves great qualities and immense power. Their cosmic form stands around me, always ready to rush into my system to invigorate and replenish me with their divine qualities.

As I hold my consciousness at the base of the spine a beautiful lotus appears, red in color, having four petals. It is the seat of mother earth, and as my consciousness gets settled in that state of vibration, a continuous flow of energy and power from the cosmic source of mother earth travels within me. Flow in, gentle Mother, with all thy great

KUNDALINI (AWAKENED)

qualities. Surcharge and saturate me with thy power. Thou art the symbol of infinite patience, firmness, fixity, and stability! Fill me with thy qualities. Make me manifest thy patience through my body, mind, and heart. Make me as steady, firm, and fixed in my health, will, and love as thou art. Keep me in constant touch with thee, and fill me with thy substance!

My consciousness rises up through the channel of the spine. The second lotus appears in full-bloom, in the place corresponding to the genitals, which is the place of cosmic water. It is vermilion in color, having six petals. As my consciousness gets settled in that vibration a tremendous current from all around travels within my system. It is the power of the great elemental water which is filling me up. I feel that a new spirit and energy has filled my system from the cosmic source of supply from elemental water. I feel that I am as modest, as serviceable, and as accommodative as water. My spirit and power always flow down, and find out the lowest level. Likewise my love and kindness flow toward the meek, the downtrodden and oppressed. Modestly, con-

DIVINE COMMUNION

sidering it a great privilege, I render my services to all who need me. I never raise my head in pride or vanity above anything, and I find myself so constituted that my strength and peace are absolutely undisturbed and uninterfered with, no matter in what environment I find myself. Like water in a container I can take upon myself the quality, shape, color, and dimensions of the container, and yet retain my intrinsic qualities.' Flow in, thou giver of life! Keep me completely saturated with thy divine qualities. Let thy power flow abundantly through all my acts and thoughts. Keep me in constant touch with thy cosmic source of supply!

Higher above rises my consciousness. It comes to the place of the navel. There a beautiful lotus appears in full-bloom, scarlet in color, having ten petals. It symbolizes the vibration of cosmic fire. As my consciousness gets tuned to that vibration it attracts from all around a unique spirit from cosmic fire. What vitality, warmth, brilliance, and purity I feel within myself as I perceive a gigantic current from cosmic fire travelling into my system! I am full of life. Nothing can cover up my vitality. Pure am

KUNDALINI (AWAKENED)

I ! Like fire I burn down all infections and contaminations that I might contact in course of my daily experiences ! I shine in my own brilliance and give warmth and light to all I contact. Purity is my nature and I scatter a vibration of purity wherever I go. I greet thee, Oh thou friend of all, the giver of light and life ! Fill me up with thy heavenly qualities. Keep me in constant touch with thee !

Slowly and gently my consciousness rises further up. It comes to the place of the heart, and there a beautiful blue lotus appears in full-bloom, having twelve petals. It symbolizes the place of cosmic air and, as my consciousness gets settled in that vibration, a gentle current from all around enters into my system through every pore of my body. Like a sweet caress it soothes my entire system. It fills me with unprecedented joy and good cheer. I am full of courage, full of hope, full of joy and bliss, and I radiate these qualities all around me. I hear within myself the constant melody of the sweetest of voices. It completely fills me up, and pours out in the form of joy and bliss in and through all my actions, speech,

DIVINE COMMUNION

and thoughts. What a sense of absolute freedom I feel! The free—I go from place to place, never getting attached to anything, but always ready to help and to serve! Full of joy, happiness, and bliss I carry the message of bliss to all I contact. It is the spirit of cosmic air, the free, the messenger of happiness and life, that is finding expression through every atom of my being! I salute thee, and feel my unison with thee, Oh thou master singer! I invoke thy constant presence within my system! Keep me constantly filled up with thy vibration!

Higher above my consciousness rises and comes to the place of the neck. A beautiful lotus, gray in color, with sixteen petals appears in full-bloom. It symbolizes the vibration of cosmic ether and, as my consciousness settles at that vibration, a great power completely absorbs me. It is the power of cosmic ether, the universal substance, which absorbs my entire being within itself. My consciousness of finiteness has completely vanished. I feel that I am the universal substance. I am present everywhere, from the highest down to the lowest. It is my substance which is finding expression

KUNDALINI (AWAKENED)

in different forms. In the attractive as well as in the repulsive, it is my power which is expressing itself. Every atom in this universe is completely occupied by my essence. I feel my universality and limitlessness! My self has expanded into the infinite, and has embraced the All!

GOAL

Standing, weary and tired, on the tempestuous and chilly shore of the furious ocean of life I look across, and there I see a beautiful castle of gold on the sunny peak of a high mountain. The sun never seems to set there; springtime reigns eternally. The trees are all laden with fragrant flowers and delicious fruits. The birds are singing merrily; the air is full of life, beauty, and joy. A divine radiance encircles the entire region. Munis and Rishis are absorbed in deep meditation—their countenances flushed with heavenly ecstasy. Sweet music floats through the air, thrilling the very atmosphere. Oh! how I want to go there! Who will take me across? Lo, I see a little ferry plying back and forth through the boisterous waves. But there is no visible ferryman, and no amount of wealth, power, beauty, tears or threats will make the boat stop to take a pilgrim in. Oh, tell me what is the fare that takes a soul across? “Unselfish Love,” comes a voice, “is the toll one must pay.” Whoever thou art, oh divine voice without a form, strip

GOAL

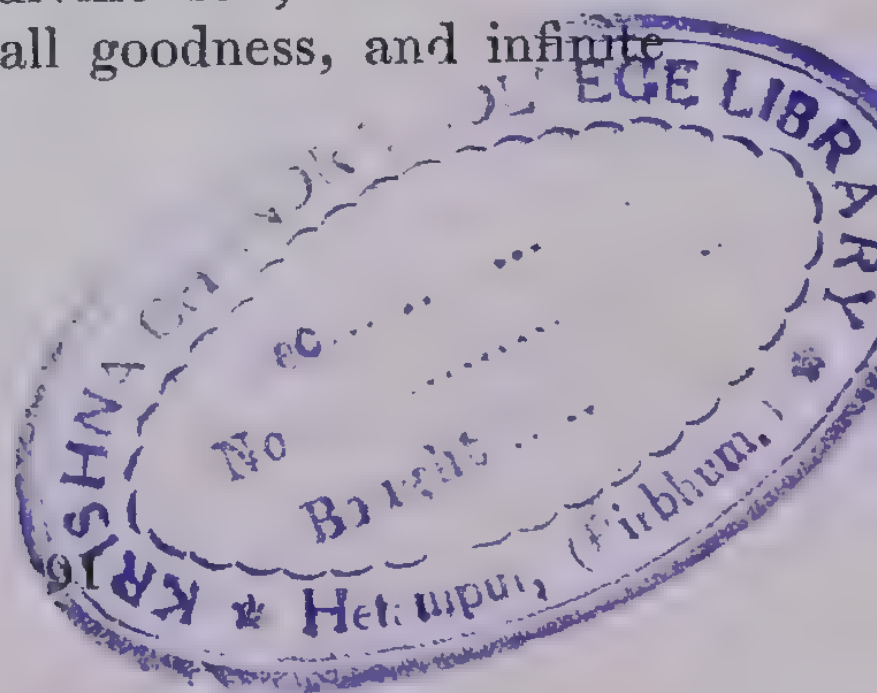
me of the rags of selfishness, and make me pure, make me strong, universal, and good—I must go across !

DECLARATION

Listen, oh ye children of bliss ! Listen, oh ye that dwell in high regions ! Listen, oh ye that live in the lower forms of existence ! I have known the eternal and infinite principle. It exists everywhere. It is the basic principle underlying everything. Mourn no more; fear no more. Wake up and realize that infinite dynamo of strength and power which is within you ! Know, at this very moment, that you are that infinite and eternal principle. Meditate on that reality every moment, unceasingly, until you live and move and have your being in that absolute, the eternal storehouse of bliss and knowledge.

MY TEMPLE OF WORSHIP

This physical body of mine is the sacred temple of the divinity within. The senses are its windows through which the pure air of understanding and universality comes in. Consciousness is the imperishable light which illumines every corner of the temple. In the holy of holies, upon the lotus of my heart, there sits, in all radiance, my divine Self. His form is enlivening, cheering, and invigorating all my faculties. His unsurpassable beauty and attractiveness shine out through every pore of my being. It is the reflection of his light which I see on everything that is beautiful in this universe. It is his strength and purity which find expression in everything that is strong and pure. May we constantly remain absorbed in the realization of that inner divine self, which is the source of all truth, all goodness, and infinite beauty !



DIVINITY

With a heart full of reverence and deep love, I meditate on the effulgent form of the divinity, seated on the lotus of my heart, whose radiant smile is illuminating the whole world, whose love encompasses the entire universe. His kind and compassionate words thrill my entire being. I meditate on that eternal guide of mine; I establish my contact with that infinite source of light, eternal fountain of happiness, and inexhaustible storehouse of understanding. May it please him to shed upon me the effulgence of universal understanding, peace, acceptance, and toleration. May it please him to guide me by the hand, until I arrive at the goal which is the realization of the infinite.

THE DIVINE MOTHER

My entire understanding tells me that the divine substance is limitless, beyond form, beyond time, space, and causation, and that it cannot be comprehended by means of my finite senses and the mind. Yet, like a wayward child, desiring the impossible, my heart raises a piteous outcry to contact closely, to love and enjoy that infinite substance. It refuses to be consoled; it will not listen to the words of wisdom presented to it by my reasoning self. It must comprehend the Divine being as a concrete object of adoration !

A strong agitation is created in the infinite and formless principle. Moved by an irresistible power of love, it fulfils the wish of the yearning heart ! Who but a mother can grant the unreasonable child its cherished desires ? Who but the loving mother can sacrifice and subdue her own will, her infinite greatness and grandeur to console and satisfy a stubborn child ? The infinite and formless principle condenses in the form of a loving mother. She occupies the throne of my heart. The impossible has.

DIVINE COMMUNION

become possible ! The Absolute has descended in its infinite kindness in the form of the Finite Mother. She sits majestically on the lotus of my heart ! What a radiance emanates from every pore of her blissful form ! She is the color of molten gold, and a heavenly glow shines out all around her. She is clothed in white—the emblem of purity—which casts a brilliant reflection all around. What depth and serenity are revealed in the beautiful, flowing, long black hair of the Mother ! Her smile scatters joy and beauty. She is the one source of infinite power, perfection, inspiration, and love ! The divine fragrance of the Mother has completely intoxicated the bees—my senses ! They are enthralled and captivated by the irresistible beauty of the loving Mother ! They have totally forgotten their outgoing tendencies, and are concentrated within, enjoying to their heart's content the concrete manifestation of absolute perfection in the form of the Divine Mother !

What peace, what tranquillity, what a unique effulgence of knowledge rule supreme around the divine presence on the lotus of my heart ! My physical body appears like

THE DIVINE MOTHER

an exquisite temple, containing within itself the Goddess of my adoration. Her supreme wisdom and unparalleled love have dispelled all blemishes, impurities, and imperfections from her kingdom. The priests and keepers of the temple—my senses and inner faculties—have all been inspired by the presence of the deity within. What a thrill of incessant joy constantly plays within the temple! There is no leisure for any of the members to think of, or to look at, anything else but the adorable One. The Mother showers her bounties and blessings on each one of them. They are completely filled up with the love the Mother lavishes upon them. In the presence of the radiant Mother they feel that they are the children of infinite bliss, absolute perfection, and boundless love. Being royal children, it is unbecoming to them to go begging at the doors of material phenomena for their subsistence, enjoyment, or fulfilment. Inspired by the presence of the all-perfect Mother they have regained their own kingdom of glory and perfection. My power of sight does not want to go out to seek satisfaction. Does not the Mother contain within herself the sum-total—and more—

DIVINE COMMUNION

of all the beauty expressed in the world of phenomena? My sense of hearing refuses to go out to pick up a few sounds, to please itself. Isn't the Mother's voice more musical, more enchanting and uplifting, than the perfect melody played by a thousand delicate instruments? My sense of touch is completely enthralled by the sweet caresses it receives from the Mother. What else can my mind conceive of when the Mother's radiance has absorbed my consciousness within her divine Self? My inner being has at last realized that it is the Mother, and the Mother alone, who is the essence of my being! My faculties reflect a portion—just a ray—of the Mother's infinite brilliance! It is for the Mother that they gather offerings in the world of phenomena, and it is to her that they bring all homage!

Verily, the Mother is the royal rider of the chariot of life! The senses are like so many horses that draw the chariot. My Buddhi, receiving orders from the Mother, acts as the driver. It holds under control the wayward horses—the senses—by means of the reins of the mind. Perfect co-operation and harmony exist among them when

THE DIVINE MOTHER

they realize the divine Presence as their ruler. But sometimes, in fun, the Mother conceals herself behind a veil of Maya—the members think that they have the power! They fight and quarrel among themselves to attain mastery. Confusion and chaos are the result. The driver is unable to control the stubborn horses, the reins are slackened, and disaster to the course of the chariot is certain. Suddenly the Mother withdraws her veil, and her supreme power establishes peace among the unruly members of the organism!

Mother alone is the Empress of my existence! I do not pay homage to any other power but that of the supreme ruler within! I live in no one's territory but that of my Mother. My Mother is the chastiser of Death—while Mother smiles at me I challenge death, disease, and suffering of any kind! Mother leads me by the hand. Mother speaks through me. Mother acts through me. I have no other existence except that of the all-perfect Mother. My ego consciousness is gradually merging into the divine presence of the Mother! The "perceiver and the perceived consciousness" is slowly vanishing. The subject-object-relation

DIVINE COMMUNION

has disappeared completely, so that all that exists is the Infinite Reality. Again, there is no form, no limitation, no quality to that infinite substance. There is no consciousness of time or space in it. One infinite ocean of existence, knowledge, and bliss prevails. It is limitless, boundless, infinite, and absolute and—I am That!

GOD, THE MOTHER

Thou art the Mother of this entire universe. Thou art the only source of all strength and power. Thou art the one cause out of which this universe, with all its variety has emanated. It is through Thy love that this beautiful universe is sustained and kept in order and unison. Looking within I find Thee, O Mother of the universe, the inspirer of all my senses and faculties. Sometimes clouds of despair and ignorance appear on the sky of my consciousness and cover Thine appearance, but when the veil is removed, I find Thee shining in all Thine effulgence, invigorating and purifying all my faculties. Reveal, Mother dear! Rule Thine own territory by Thine own hands. Illumine my consciousness by Thy light of understanding and love, so that in all thoughts and endeavors I may be able to express Thy power, Thy love, Thy forgiveness, and infinite compassion. Arise, Mother dear, like the Sun in the morning! Scatter Thy brilliance, and remove all darkness and fear. Awake, arise and own all my senses and faculties as Thine!

DIVINE COMMUNION

Accept my self-consciousness as Thine instrument. Make me forever a channel to express Thy glory and infinite love.

GOD WITHIN—MY MOTHER

A silence, deep and profound, prevails everywhere. Out of the depth of that silence comes a strong vibration of peace and bliss. Above, below, all around, within and without there is one infinite ocean of absolute bliss which exists. It is without any limitation, without any agitation, without name or form, without any quality or dimension. It is the one, indivisible, beyond time, space, and causation. That one infinite substance completely fills up my self-consciousness; I feel my unity with that ocean of divine bliss.

Gradually a strong desire is felt within the substance to contact, to objectify, and enjoy that Divine Reality in a concrete and intimate way. The yearning becomes stronger and stronger. It becomes concentrated in the place of my heart. Impelled by that power an agitation arises in that infinite substance, which is attracted by a strong and irresistible force. From all around, that divine substance of bliss is approaching me. It touches the surface of my body; it sends a unique thrill to all my faculties; it completely heals me of all my defects and imperfections. It

DIVINE COMMUNION

adds new beauty and lustre to my physical body. It penetrates deeper, and covers up my inner functions with its power and brilliance. Further it goes and concentrates in the place of my heart, and there it attains a concrete form.

On a beautiful lotus I perceive a fascinating presence. It is composed of divine elements, yet it appears in a human form, exquisitely beautiful, extremely pure, exceedingly radiant, and incomparably blissful. My heart raises a cry of ecstasy and calls it my mother. The divine universal Mother, with her infinite beauty, grace, and perfection is seated majestically on the lotus of my heart. Her form is made of molten gold, as it were, and her expression scatters heavenly bliss. A celestial light, soothing and brilliant, emanates from every pore of her body and illumines every nook and corner of my being. The highest ideal of beauty, grace, strength, purity, and perfection have at last found concrete manifestation in the form of the radiant Mother. What a heavenly smile plays on her beautiful countenance! What love, what kindness, purity, and power she scatters lavishly all around her!

GOD WITHIN—MY MOTHER

My inner faculties—all my senses and functions—like so many children have assembled at the feet of the loving Mother. They are all clothed in their festive apparel. They appear extremely pure and perfectly radiant in the glory of the Mother. It is Mother's radiance, Mother's power, Mother's perfection which is reflected on each one of her children. Mother has saturated every child with the substance of divine bliss. Mother has infused complete fullness into each one of them; their faculties have been completely withdrawn from the world of phenomena. They are all intently looking at the face of the heavenly Mother. They have obtained the complete satisfaction of their desires in the heavenly form of the divine presence. Their separate yearnings have all been concentrated into one—to contact completely the divine presence within. Perfect harmony, unison, and understanding prevail amongst them. In a symphony of love they are playing one theme—the glory of the Mother within.

The Mother blesses them; she scatters her bounties profusely on each one of them. They appear intoxicated, forgetful of every-

DIVINE COMMUNION

thing external, in their ecstasy of love of the Mother. There is festivity, there is joy, peace and bliss at the presence of the Mother within.

Surpassing the sweetness of a thousand musical instruments playing in perfect harmony, the Mother's heavenly voice brings a message of joy, courage, and love to them collectively and individually: "Have no fear, my children", she reassures, "I am the essence, I am the substance, I am the source of all power and perfection. I am the one who expresses her power through each one of thee. Know me as the source of thy inspiration, power, and expression and thou shalt always remain in constant contact with the infinite source. I am the self of all. I am the source of all, the cause, the continuation, and the resting place of all manifestations. Feel my presence in and through all thy endeavors. Merge thy self-consciousness in mine and thou shalt attain infinite bliss. I am thy protector and leader. Even when thou forgettest and walkest into darkness I cast my glance steadily on thee. I am the one who leads thee by the hand, through diverse experiences, eventually to

GOD WITHIN—MY MOTHER

bestow upon thee the highest perfection. Have no fear! Feel my presence, submit thy will unto mine, merge thy existence in mine, and inherit my bliss, power, and perfection.”

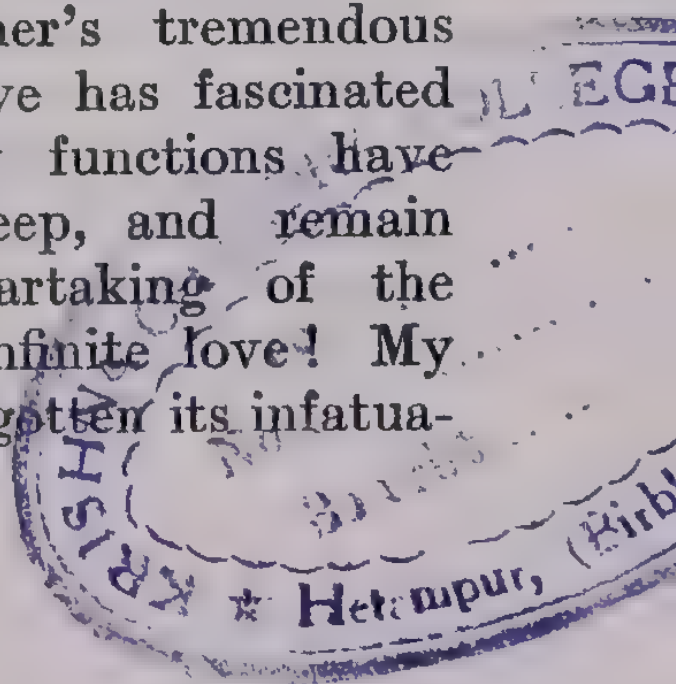
In one voice the joy and ecstasy of all my senses resound: “Mother dear, may it please Thee to cast Thy powerful light on us, to keep us ever inspired by Thy power, brilliance, and perfection! Never let any discord creep into our symphony. Thou art the substance, the soul of our lives, the strength that keeps us all in perfect shape, beauty, and harmony. We have no existence outside of Thine. Absorb and draw in our individual consciousness into Thine!” Again and again the Mother blesses them all. In their ecstasy of bliss their individual self-consciousness vanishes. One vibration of bliss, becoming more and more dominant, absorbs all forms and concrete manifestations into an all-encompassing unity. Like a gigantic whirlwind it is taking within itself all concrete forms. Everything merges into the One. The Mother’s concrete form vanishes, and becomes one with that infinite substance which expands and expands, transcending all limitations, and extends to infinity again.

DIVINE COMMUNION

One infinite ocean of bliss remains calm, tranquil, and peaceful—the One-without-a-second, the infinite storehouse of absolute Knowledge, Existence, and Bliss and verily I am That!

THE MOTHER

One infinite substance—endless, motionless, without beginning or end—fills up all space, within and without ! It is all bliss, all knowledge, all love, uncaused and unagitated. A strong yearning grows within to comprehend and enjoy that infinite substance of bliss. Impelled by that yearning, the blissful substance flows towards my heart ! It enters my system, and purifies, strengthens, and rejuvenates every atom of my being. I am saturated with that divine substance ! It concentrates in the place of my heart, and assumes a beautiful form. What joy I feel to perceive the radiant figure of the Divine Mother, seated majestically on the lotus of my heart ! A wondrous light, calm and serene, emanates from the beautiful Mother, and spreads over my entire system, illuminating all faculties. The Mother's tremendous power of attraction and love has fascinated my whole being ! All my functions have turned within, to drink deep, and remain intoxicated forever by partaking of the ambrosia of the Mother's infinite love ! My consciousness has totally forgotten its infatua-



DIVINE COMMUNION

tion for the world of phenomena. It remains absorbed in the adoration of the Mother within! My Pranas no longer want to express themselves in the world of action. They have turned within—have been concentrated—and are pouring out their energy and power for the worship of the Divine One. Every function of mine is satisfied in the presence of that fountain-head of all inspiration, love, and perfection! Like so many children, weary and tired of their game, they have returned home to sit at the feet of the Mother, in meekness and adoration! The Mother smiles at them, filling them completely with her divine nectar. How she lavishes her love upon her devoted children! They are wholly absorbed in the bliss of their contact with the exquisite Mother!

The Mother speaks! Her melodious voice, exceeding in beauty the most enchanting music, assures her children of her unbounded love and protection. "I am the substance; I am the reality; I am the golden thread that holds you together in perfect harmony," she declares. "I am the one source of your inspiration, illumination, strength, and perfection. Know that it is

THE MOTHER

my power which expresses itself through your endeavors. It is my power that goads you into the realm of phenomenal expression. It is even my Maya that makes you forget me, and remain attached to the masks I wear! Take refuge unto me! I am the essence behind every manifestation! Discover my existence and power behind every form and I shall remove the veil from your understanding, and keep you forever in my arms. In progress or stagnation, happiness or misery, rise or fall, I always lead you by the hand. You might not realize my presence, but I protect, guide, and inspire you at every step. You might not hear my reassuring words, but I hear even the slightest whisper raised by your yearning heart. Have no fear! Gain the conviction that it is the Mother's all-powerful hand which is leading you through the varied experiences of life. I am the only substance! I am the source of all inspiration, strength, and power! Meditate upon me! Comprehend my existence in every form! Remain constantly saturated in the realization of my boundless and uncaused love!"

The Mother's declaration of her power,

DIVINE COMMUNION

protection, and loving care has raised my faculties to a unique state of bliss. In adoration my heart pours out its feeling: "Mother dear, although I might not comprehend Thy all-encompassing love and universal existence, may it please Thee to shine forth in all Thy glory and perfection through my endeavors! Even if I forget Thee, force me to turn my gaze upon Thee. Even if I bar all doors and windows against the advent of Thy light, may it please Thee to break the door open and enter my home with force! Mother dear, Thou art the source of all power; Thou art the fountain-head of all beauty, peace, and love! Why then do I go out begging for treasures that lie scattered so carelessly at Thy feet? Convince me, once and for all times, that Thy kind hands shower all blessings, all bounties, and all treasures, and thus keep me constantly attached, like an intoxicated bee, drinking the honeyed sweetness of the lotus of Thy feet! Mother Divine, absorb my "I and my" consciousness into Thine. Cause my ego to vanish altogether, and let Thee alone exist—in all Thy glory, Thy infinite love, bliss, and perfection!"

THE MOTHER

The gracious Mother smiles. I am enveloped in bliss. Gradually that exquisite expression loses its outlines, but the Divine Radiance of the Mother's smile absorbs me into itself. It expands and expands beyond all limits into one ocean of infinite bliss! It exists—endless, motionless, full and complete—absolute Existence, transcendent Knowledge, boundless Bliss, and infinite Love—and I AM THAT!

UNDERSTANDING

I pray to thee, O my divine Self! My divine guide, my protector, illumine my path! Bring me the light of knowledge and understanding, the discernment of the one infinite behind all phenomena, and that love which sees thy beauty and grace in everything! Purify my senses. Strengthen my understanding so that I may have the power to overcome all obstacles. Lead me to realize that *I am That*!

VICTORY

Awake, arise my Mind! Sleep no more! It is dawn. Let us get started to climb the path toward victory and success, with renewed vigor and energy. The infinite storehouse of power and perfection is within. Let us draw our supply from the perennial source. Let us meditate on that inner divine one who, although not active, inspires our body, mind, and heart with its divine power and strength. Let us feel the closest relation, nay our inseparableness from that all-perfect One. When that Divine One rules, the fear of the path is removed, the way seems shorter and brighter, and all difficulties and obstructions are overcome.

We meditate on that divine reality within us. May that One lead us, guide us, and protect us along the pathways of our life.
OM TAT SAT OM!

FULLNESS

Full and complete, perfect and unlimited is the cause out of which every manifestation has emanated. Behind every object, no matter how small it might appear to be on the surface, there is that one infinite substance of perfection, strength, goodness, and truth. Every individual form floats on that infinite substance, and goes back again to that infinite source, and becomes one with it. Realize this truth. May I discover the source of all strength within me in that great divine cause, at this present moment, under existing conditions, and feel that I am one and the same with that divine source of strength. Verily I am That!

THE LIGHT WHICH NEVER FAILS

The world of phenomena gradually disappears from my consciousness. The curtain of name and form has been lifted, revealing to my inner vision a heavenly atmosphere of divine bliss. There is no limit to the glorious substance that pervades everything, occupying all space. I feel myself emerged in an ocean of absolute bliss. A gentle and healing touch all over my body invigorates, strengthens, and purifies my system, removing all imperfections, so that my physical body shines in divine radiance, free from disease and weakness, sorrows, and sufferings. The divine substance percolates within, purifying and sharpening all my faculties. I am surcharged with divine bliss! It has concentrated in the place of my heart, and I perceive a glorious light shining brilliantly within me. On the lotus of my heart I meditate on my own divinity, which is the source of all inspiration, and the storehouse of strength, purity, beauty, and love.

MY REFUGE IN THE FORAY OF LIFE

As I withdraw my consciousness within, to review my inner forces, life presents itself in the form of a field of action—a veritable battle-field in which the armies of constructive and destructive forces fight against each other. The battle rages forever without any prospect of peace. Loss and gain swing from one side to the other. Looking deeper within I perceive a transcendental being presiding over this arena of action. It is present everywhere in the midst of fierce action, yet it transcends all activities. It is the inspirer for whom every soldier fights, and yet it does not partake of the fruit of any action; it is the revealer, and yet it is distinct from the objects revealed! I meditate on my inner Divine Self, and concentrate all my attention on the witness, the revealer, and the inspirer of life's action. May I hear the unfaltering voice of truth! May that Divine One be my only refuge in the battle-field of life! May all the combatants within me hear the counsel of that Divine One! May abiding and eternal peace be established within me!

IMMORTALITY

In the sanctuary of my heart I perceive a brilliant light, effulgent but soothing and peaceful. It shines steadily without any flickering, agitation or change. Its golden rays permeate every atom of my being, removing all darkness and adding beauty, vigor, peace, and perfection to my senses and faculties. The divine radiance has absolutely transformed and transfigured my whole being. My self-consciousness has been totally unified with the divine spirit within, and now I know that I am that Infinite Divine Reality. I was never born; I have existed eternally and am never going to die! I have no disease, imperfection, limitation or fear. I am the divine substance! I am Brahman! I am the One-without-a-second, perpetually absorbed in peace and bliss! I wear like a garment the subtle and material bodies, which my divine self sustains and vivifies. I radiate peace, love, and perfection all around me. No darkness, ignorance or narrowness can come near me. The divine light which emanates

DIVINE COMMUNION

from me reveals the truth. I am Brahman
—I am existence, knowledge, and bliss
absolute !

KINGDOM OF HEAVEN

Let us collect our thoughts, direct them within, and feel the presence of an infinite divine substance filling our body, mind, and spirit, adding new life, new understanding, and never-ending bliss to our souls. On the surface of this ocean of consciousness there is turmoil, disturbance, and suffering, but as we go deeper we leave behind all agitation. In the innermost recesses of our being shines the kingdom of peace. It is the light of that region which sustains and energizes us, whether we know it or not. It is that which leads us on toward the field of activity. That one it is into which we retire for eternal rest after we have played our part in this cosmic drama of life.

I meditate on that inner light of peace which shines constantly within; I keep my heart forever fixed on that divine reality which is the base of my being. Constantly I meditate on that, and draw my inspiration from that infinitely powerful presence so that whatever I do, whatever expressions I project, all thoughts, and feelings that arise

DIVINE COMMUNION

from my heart may be saturated with the
divine element of infinite perfection.

BEGINNING AND END

Bliss, peace, and love—one, infinite, and absolute—is the source out of which this manifestation has been projected. Bliss, peace, and love absolute is the substratum which sustains the existence of every atom manifested in this creation. To that eternal source of infinite bliss, peace, and love every object will return. Therefore, at this present moment I am identified with That. Evermore I am That! Constantly may I contact my source. May I fill up every atom of my being with the mighty power of truth. May I live and express that one truth through all my actions. May I become one with it.

SPIRITUAL HEALING

I meditate on my physical body as a veritable temple, in the inner sanctuary of which shines the divine presence illuminating my ego, mind, heart, and all my other functions and faculties. The divine one showers health, vigor, and power to my understanding. It has dispelled all darkness, ignorance, fear, and anxiety. It has healed all my ailments and has added new beauty, power, and perfection to every member of my system. My whole being appears resplendent with the divine light. It is the source of inspiration. It is the very foundation of my being. It is one and the same in every manifestation. It is the infinite substance of absolute knowledge, existence, and bliss!

ECHO

An infinite ocean of absolute bliss and perfection lies still, within and without. There is no agitation or action in this primal substance—it is full and complete! It is existence absolute, knowledge absolute, and bliss absolute. It is the One-without-a-second. It tends toward manifestation by superimposing upon itself an ego. Out of the depths of that infinite substance rises a voice, shouting “I am,” “I am,” “I am.” Impelled by the vibration, manifestation appears and echoes that cosmic voice of “I am.” Having this newly formed ego as the power of projection, subtle and gross forms appear. There is variety, quality, and color. Nevertheless, the infinite substance in its primal essence sustains every form and quality. It forms the basic element of my body, mind, feelings, and intellect. It is that which expresses itself through the instrumentality of my faculties. My self-consciousness gradually returns home to its cosmic element. I distinctly perceive that I have no existence outside that of the One. I am the Infinite,

DIVINE COMMUNION

the One-without-a-second, . beyond form,
quality, and color ! I am Brahman ! I am
That !

ON THE SHORE OF LIFE

I find myself standing, tired and afraid, on the dreary and sandy shore of the ocean of life. Furious are the waves; the wind is high, yet I must go across. Looking back I realize that darkness is approaching fast. Am I to perish? No, a heavenly voice assures me there is nothing to fear. Divine power, infinite energy, and endless love are within. My divine self, like a huge boat, will lead me across this turbulent ocean of life. It pacifies all disturbance; it adds new vigor and energy to my consciousness. It fills me with a new hope. It adds a divine radiance to every atom of my body.

THE UNKNOWN FRIEND

Deep within, beyond the perception of the senses, beyond the comprehension of the mind, and transcending all my feelings, there shines the jewel of my life. It is all-perfect, calm and serene, happy and blissful. The waves and ripples, storms and agitation on the surface of the sea of actions never disturb the peace and tranquillity of the inner Self. It is that which, even without being known, guides and controls all my thoughts, actions, and feelings. It is my real divine self; it is God supreme! I meditate upon that Divine Reality which is the inspirer of all my senses and faculties.

PERFECTION

I withdraw the course of my consciousness from the external world and direct it inward. Like a searchlight it reveals the inner kingdom of peace and perfection, of strength and power. I feel the divine presence within me and all around me.

May that inner divine light shine in all its radiance. May it remove all darkness, mist, ignorance, sorrow, suffering, and fear from the inner kingdom of perfection. May it open my inner senses and faculties so that I may contact, without any obstruction, the beauty, peace, love, and power of my inner Self. May it so invigorate and vivify my Pranas (vital energy) as to transmute them into divine expression, so that whatever I do, whatever object I may contact, whatever expression I might project, will reveal and bring into manifestation the infinite power, glory, and perfection of that inner Divine Reality !

BLISS OF BRAHMAN

Bliss, infinite bliss, is the source of creation! Out of an infinite source of bliss we have emanated, and bliss absolute is the substratum of our existence. We are floating, like so many bubbles, on the surface of infinity. We are sustained and nourished by that infinite substance—bliss! And bliss, infinite and limitless, is the goal, the home, the resting place of all creation. Proceeding through our various experiences, we shall find our home in that infinite ocean of bliss. Under no circumstances are we ever separated from that. We meditate on that bliss as the substance from which we have been projected, as the reality on which we float during our present course of experiences, and as our home in which we shall enjoy infinite peace and perfection at the dissolution of this organism, at the end of this journey which is life!

PHENOMENA AND REALITY

All my senses have been completely turned around by the power of a heavenly music which arises within me from the very depth of my consciousness. It is so refreshing, so soothing, and yet so powerful that it has transformed all my faculties. They want to come closer and contact the source of that music. The music rises like an exquisite fountain in a rhythmic motion. The melody has a divine quality which has purified, enlightened, and energized all my functions. The external world has been completely obliterated by the power of that divine symphony within. All memories of the world of phenomena have been forgotten. There is no other existence besides the fascination of that heavenly melody. With the attainment of complete concentration of all the senses, a new revelation takes place. From the very base of my spine arises a beautiful fountain. It shoots upward a divine substance which is light and life, peace and bliss.

With the playing of that heavenly fountain arises the divine music. The spray sprinkles me all over, bathing my system

DIVINE COMMUNION

completely, within and without. Every atom of my being has absorbed that divine substance. Consequently my body appears in a divine glory. It has been completely transformed. I am not composed of gross elements any more. I am Bliss! I am Perfection! I am Knowledge and Existence absolute! All my senses and inner faculties have absorbed that divine element. All diseases and defects have been completely banished. My Pranas appear in celestial glory, calm and composed, strong and vigorous, beautiful and perfect. By the nourishment of that divine substance, all hunger and thirst have been quelled forever. There is nothing more for them to attain, for that divine substance with which they are filled contains the highest culmination of all perfection.

The music, like a gentle breeze, is caressing every member, removing all sorrows and sufferings, worries and anxieties. It is entering into the innermost recess of every faculty. Heavenly bliss and exquisite happiness prevail! My mind does not flicker any more. All doubts and misgivings have been dispelled. All knowables—nay, knowledge

PHENOMENA AND REALITY

infinite—has revealed itself, and there is no room for any thought or doubt. The bliss of revelation occupies my whole being. But my ego consciousness still retains one desire. It wants to contact and enjoy that divine reality in a more concrete and intimate way. Impelled by that desire another transformation takes place within me. My consciousness appears in the form of a beautiful lake within me. The deep blue water, holding the clear reflection of the beautiful panorama, reveals itself. All around the lake there is a gorgeous scenery of mountains and woodlands, where blossoming flowers scatter fragrance, singing birds supply music, and the flower-laden branches of the trees, waving in the soft air, furnish the dance. O, what joy! What harmony and beauty prevail! The water of the lake is covered with lotuses of many colors. Gradually a huge lotus bud makes its appearance in the very middle. Slowly and gracefully it attains full bloom. Its form grows larger and larger. A brilliant of light appears self-poised on that lotus. Gradually that light attains the outline and the figure of a human being. Beauty and grace, power and perfection have found com-

DIVINE COMMUNION

plete manifestation in the celestial figure. A heavenly smile plays on the countenance of this deity of the lake. He scatters bliss, peace, beauty, and perfection. The scenery around has attained new brilliance by the radiance and power of this Divine Being. The power of the deity sustains and nourishes every object. It is the source of all beauty—the beauty in nature is only a reflection of the complete perfection which is inherent in this divine being. It is only a glimpse of my inner kingdom of bliss, of which my senses and other faculties—nay, every atom of my body—is a member, glorified and perfected by the appearance of the Divine One on the lake of my consciousness.

I meditate on that Divine Being on the lotus of my heart. It is the source of all perfection. It is the basic principle which sustains all my functions and faculties. It is God omnipotent—Existence absolute, Bliss absolute and Knowledge absolute, and verily, I am That.

THE BIRD OF HEAVEN ON THE TREE OF LIFE

As I direct my consciousness within and discriminate between my real and apparent self my life presents the picture of a tree that sends its roots deep down into the unfathomable bottom of the infinite, and is nourished and nurtured by the sap of Divine Reality. It is held firm on its trunk of Karma, and sends out innumerable branches all around, in the form of my temperament, and my different aptitudes and tendencies. Budding twigs slowly shoot out to catch the stimuli of external nature. The leaves, representing diverse experiences, grow, mature, and eventually fall off, contributing their quota to the tree which goes on in spite of the seasonal changes. It symbolizes the results of my Karma, producing innumerable varieties of flowers and fruits, of which only a few mature into ripeness,, others being ruined in the process of growth either by the inclemencies of natural forces or by insects and pests.

Looking above, I find a radiant bird of heaven shining like a crest jewel on the crown of the tree, yet not supported by it. Self-

DIVINE COMMUNION

poised, self-sustained, self-sufficient, it glitters in divine radiance, presenting the picture of infinite perfection. By its power and light the tree below is upheld, sustained, illumined, and beautified. There is another bird, having the identical form and features but lacking the poise and brilliance of the upper one, which occupies the body of the tree. Always active, eternally hungry, it hops from branch to branch to find the fruits of its desire. Often it tastes bitter ones, receiving rude shocks of disappointment, but it is hungry again and, perchance, picks up a sweet one and considers itself happy. Thus on and on it goes with the greedy eater. Eventually, sick and tired of its experiences, it derives the knowledge that its hunger can never be satisfied by partaking of the fruits of the tree of life. It looks above and catches a glimpse of the higher bird, and aspires after it. Eagerly it approaches its eternal mate of heaven, and finally, becoming united with the higher bird, attains to absolute perfection and peace.

We meditate on the higher bird as the symbol of our real Divine Self—the one that is always perfect, ever-blissful, all-knowing,

THE BIRD OF HEAVEN ON THE TREE OF LIFE

and all-powerful ! It has nothing to attain, therefore it is infinite bliss. It is the light-fountain of knowledge which illumines other faculties. It has no beginning or end; it is absolute and immortal—and I am That !

THE ABSOLUTE ASSUMES A FORM

As I dive deep into the innermost recess of my spiritual being, I perceive my physical body calm and restful, without any action, without any agitation. My consciousness has been absolutely freed from all memories of the objective world. Freed from all anxiety, worry, doubts and misgivings, it has attained a state of perfect tranquillity and bliss. My emotional faculties have been perfectly poised. I am above love or hatred, union or separation, pleasure or pain. One tranquil ocean of bliss prevails within me. My intelligence, freed from all image-making faculties, appears like a brilliant mirror without any spot or speck on its surface. It is all aglow, holding upon it a complete reflection of the universal Divine Principle. My self-consciousness or ego has been completely purified. It has eliminated all limiting conditions. I perceive vividly that I am neither the body nor the Pranas. I am not identified with my memories of the past. I am neither the Mind nor the Buddhi. I am Bliss absolute, Knowledge absolute and Existence absolute! My subtle self-con-

THE ABSOLUTE ASSUMES A FORM

sciousness, freed from all gross elements, has expanded itself toward infinity, lifting me to the firmament of Divine Reality, where there is no agitation, commotion, or action of any kind. One infinite substance of absolute bliss occupies all space.

Yet there is a subtle influence of Maya that creates an yearning within that infinite ocean of bliss. The infinite wants to express itself. The "I" appears as an individual, in order to be able to sense, comprehend, and enjoy its own substance. All my different functions appear again. Again I find myself as the embodied one, surrounded completely by that divine substance. I feel the touch, the gentle caress of that divine element all over my body. My sense of touch has been intoxicated by that gentle and uplifting contact. It has been so purified that in every touch it recognizes the caress of the Divine, and remains constantly in a state of divine ecstasy. My sense of smell has been completely saturated by that divine power. It has been cleansed, strengthened, and purified. Constantly I smell the fragrance of the Divine around me and within me. My sense of hearing has been energized, expanded, and

DIVINE COMMUNION

illuminated. Behind every sound, I hear the gentle whisper of my beloved Divine One, sense of sight has been brightened and intensified. Behind every color and form it discovers the presence of the one infinite source of beauty. All my other faculties have been surcharged and saturated with the divine substance. They perceive nothing but the truth; they contact nothing but the Divine. All their impurities and defects, sorrows and sufferings, maladies and wounds have been completely healed by the divine touch. As the result my physical body has been transformed into a divine container. It is composed of the divine element, and is shining brilliantly, radiating peace, perfection, beauty, goodness, and truth all around. The divine substance has entered deep within my system. It has purified, strengthened and beautified my thoughts. All narrowness, bigotry, selfishness, jealousy, and feud have been washed out of my thoughts. One powerful motive force of pure and universal love moves my thoughts and actions. Deeper still travels that brilliant substance. I am feeling a heavenly sensation in the place of my heart, where a celestial Being gently

THE ABSOLUTE ASSUMES A FORM

makes its appearance on the throne of my heart. What a thrill, what an ecstasy of unprecedented bliss I experience as I contact that Divine One on the lotus of my heart! It has a human figure yet it is the epitome of all divine qualities. Beauty, proportion, grace, strength, purity, power, and perfection are manifest to their extreme limits in this deity of my heart. He controls all my faculties. He is the master, the illuminer and the inspirer of my entire being, and yet he does not take any active part in the operation of my body and mind. My body appears like a beautiful temple containing within itself the image of the living deity within, whose brilliance shines all around. He has illumined every nook and corner of this temple. He has added new vigor, beauty, and perfection to every member of my system. He has completely absorbed my independent self-consciousness. My "I" is vanishing within the "Thou." It is he and he alone who is real. It is he and he alone who exists. Everything else exists for the sake of that Divine One. He is the substance and essence of every manifestation.

DIVINE COMMUNION

He is the one source of absolute Existence,
Knowledge and Bliss !

EMBRACE

Deep within the wilderness of my consciousness I have discovered a temple of gold. Within the temple, on an emerald throne, shines the Lord of my soul. His smile is love, his glance is beauty, his voice is music, and his extended arms banish all fear and bestow peace. He resides within my body, and yet is never one with it. He is the inspirer of all my thoughts and actions, and yet never accepts their fruits. He is my one source of strength, peace, and perfection. His radiance shines through every pore of my being. My ego is only a shadow of him. He is my king, I am his vassal; he is the breeze, I am the foliage; he is the ocean, I am the wave! Often, as in a fast embrace, he draws me within himself; my "I" merges into the "Thou"! The "Thou" melts into the Infinite—all is one, and the one is Bliss!

THE TRAVELLER'S RETURN

As I watch the activities of my mind from the position of the witness, it presents the picture of a travelling merchant, who is going from door to door carrying his merchandise on his own shoulder. Ceaselessly he knocks at the doors of prospective clients of Color, Touch, Taste, Smell, and Sound. He talks about his gain and loss, and only adds to the noise and bustle of the market place of life. With the decline of the sun he feels tired and weary and longs for the rest, peace and the comfort of home. He does not want to do any more buying and selling; the traveller must hurry home. He turns around from the market place and advances homeward. But his limbs are fatigued, his burden is heavy, and the way is long,—will he ever arrive home? The sights of the wayside do not interest him any more. Home, home, is the call he constantly hears from within! All thoughts of loss and gain are suspended. The great call for peace has occupied his whole attention. Will someone help him to arrive home?

Far away from the field of buying and

THE TRAVELLER'S RETURN

selling, far away from the market place of life is his home. The excitement of the market blots out even the memory of his own sanctuary, the noise deafens his ears, so that he cannot hear the call of his dear ones. As the bustle of the market place dies out in the distance, his memory of home looms larger, he distinctly hears the loving call of his beloved at home. It invigorates his sinking vitality, and makes the distance seem shorter.

The sojourner stands in front of his home. What peace, what comfort, what satisfaction, and security, await him there! The very sight of home has inspired him with a consciousness of peace and rest.

He enters and throws off his bundle of Karma, his ledger of loss and gain, and is free. He cleanses himself of the sweat, dust, and dirt of the way. He is clean, he is pure, refreshed, and free—beyond the touch of loss and gain, and all the dual perceptions. He is himself again! As he settles down free from all activities, thoughts, and memories, the inner sanctuary of his home opens its secret doors, and lo, there within, in the innermost recess of his heart, is revealed the heavenly presence of the Queen of his home!

IDEAL STATE

As my consciousness returns home, leaving outside all its contacts, its impressions, and its memories of the external world, a new universe reveals in all its brilliance, perfection, beauty, and peace. This inner world is illumined by the divine effulgence of the inner reality. The sun, the moon, the stars, and all the other luminaries have no admittance. That one source of life, light, beauty, and perfection reveals the whole realm, and every object of this inner kingdom reflects the peace, beauty, power, and perfection of the inner Divine Self. Day and night do not exist there. There is one perpetual term of revelation and understanding which rules supreme. There, all the citizens have one common object of adoration. They are all fed, nourished, and inspired by the one common source. They reflect upon themselves the peace and beauty of the King of Kings. Where no contest pricks, no jealousy bites; where strife never stings, nor the snake of hatred dares raise its venomous hood. One incessant stream of love runs through them all, keeping the entire kingdom

IDEAL STATE

in peace and happiness. The king, the ruler, the inspirer, the sustainer, and the lover of all, sits majestically on the lotus throne, and governs in love and peace my inner kingdom of bliss.

SUNRISE

Just as at sunrise the universe reveals itself, darkness is dispelled, all fear and doubt are banished, and nature wakes up to the realization of new life and activity; so likewise, the sun of my inner divinity is making its appearance within the inner firmament, revealing the glory and grandeur of my spiritual kingdom of beauty, peace, and perfection, dispelling the darkness of ignorance which hitherto covered the beauty of the inner realm. A unique luminary, full of a variety of colors, beauty, and bliss, has risen. The ball of light is becoming more and more luminous. With increasing brilliance it is scattering peace, power, and perfection. It has completely filled up my system with its heavenly radiance. Every atom of my being is resplendent with the divine rays which the luminary is showering all around. Receiving the gracious bounties from the source of all perfection, my senses and faculties have attained complete satiety; all diversity of the mind has been unified into one consciousness—that of contacting completely the inner source of divine perfection. A perfect atmos-

SUNRISE

phere of peace and fulfilment prevails within me. It is infinite bliss! There is no disturbance or agitation whatsoever in this realm of infinite peace. I am totally absorbed in the ocean of perfection, love, and bliss!

ONE IN THE MANY

That infinite reality which is absolute existence, unlimited knowledge, and infinite bliss is to the front of us; it is at our rear, to our right and left, above and below, all around and within. That one entity runs unobstructed through all forms, and fills up all space. I, as a human being, am sustained and nourished by that divine reality. I perceive it running through every atom of my being. I feel it as the basis, sustainer, and essence of every faculty belonging to me. Looking out, I recognize the same reality behind every object. Thus I live and move in the world of divine reality. Never for a single moment can I stay separated from that divinity which is my own self and which is the self of all !

RELATIONSHIP

Thou art the eternal and infinite principle; but, following the limitation of my finite understanding, I have called thee my dear mother. I realize in thy love the tenderness and sweetness, the sympathy and compassion of a human mother. At other times I look upon thee as my protecting father. Again I realize in thee the frank sweetness and fellowship of a friend and companion. In wealth, as well as in poverty and penury, I find thy presence. In thee I realize the eternal source of infinite wisdom. May it please thee, every day, every moment, to reveal more and more of thy infinite reality through me !

WHAT TO LIVE FOR

Manifest in my personality, oh my inner divinity, in the form of knowledge and wisdom—the wisdom that recognizes the presence of God in everything, high and low! Come out, oh my true self, in the form of love—love that is most pure, love that is not self-seeking, self-asserting, or demanding! Appear in the form of discrimination and renunciation! Express thyself in the light of fortitude and forbearance! Manifest, more and more, in the form of strength, purity, and truth. Envelop me in the pure effulgence of thy divine nature!

MUSIC OF THE SOUL

Hush, my senses! Keep quiet, all distracting voices! I hear divine music within; I hear the sweetest and the most melodious song of my soul. It pours out in the form of a great fountain, and fills the atmosphere all around with vibrations of peace, strength, love, beauty, and truth. It fascinates and enchants me; it lifts me up; it invigorates me; it thrills my very being! It causes me to realize my inseparableness from the rest of the universe. It makes me feel that I am the perennial source of all light, infinite happiness, endless existence, strength, beauty, and truth. Sing high that beautiful melody, oh my soul! Broadcast it all over the universe. Let the sun, the moon, the stars, the planets and the sky, the oceans, mountains, and plains; rivers and streams, beasts and birds be surcharged and saturated with the sweetness of that melody! Let the kingdom of peace and happiness be established everywhere by the power and enchantment of that divine music within.

INSPIRATION

What is this infinite ocean of light that encircles me? It is more effulgent than the radiance of a hundred suns, but softer, and more soothing, than the light of a hundred moons. Before this divine radiance the sun, the moon, and all the luminaries appear like so many glow-worms. It is approaching me from all around. I feel an irresistible attraction towards it. Lo, it touches me, and enters my system through every pore of my body! It thrills, uplifts, and energizes me! It melts my lower nature, and even causes me to forget my physical body. It makes me feel my union with the divine source of knowledge, bliss, and existence. It becomes one with and inseparable from the divine spark within me. I am that; I am that heavenly light; I am that divine radiance! I am that infinite source of strength out of which everything has emanated, in which everything lives, and into which everything rests after dissolution. I am that! I am that!

MY BEACON OF GUIDANCE

A divine light shines within me. It purifies all my senses; it adds beauty, strength, purity, and perfection to all my faculties; it fills me up with new inspiration, vigor, and bliss. It is the sustainer of my being; it is my real, divine Self. I meditate on my own Divinity, on the lotus of my heart.

Enlightened by the divine light within, may I perceive with all my senses the beauty, the grandeur, the peace, and perfection of that Divine One concealed behind every form! Inspired by the presence of that divine substance, may my mind realize God in everything! May I constantly hear the voice of truth, guiding my thoughts and feelings! May I so act and express myself as to project that divine light more and more clearly, bringing peace and happiness to myself, and scattering the message of friendship, fellowship, and love for others!

THE DIVINE CHILD, THE WITNESS OF THE DANCE OF LIFE

The sun, the moon, the stars, and all the planets have been completely blotted out. One infinite substance of profound tranquillity and bliss rests in the womb of silence. Above, below, within, and without there is one infinite ocean of perfect bliss. Still the consciousness of "I am" persists. It is immersed in that ocean of bliss. From the depth of that profound silence the heavenly music of a perfect symphony issues. It is so enchanting, fascinating, and stimulating that it wakes up within me a unique feeling—a yearning for expression and manifestation. The harmonious sound of that heavenly symphony spreads all around and creates a cosmic agitation within that infinite substance. It divides that primordial element into two. Overhead there is an infinite expanse of space, teeming with the seed of manifestation. Down below there is a limitless sheet of deep blue water, calm and tranquil, fathomless and vast. Impelled by that heavenly symphony, manifestations are appearing in the firmament. The melody

DIVINE CHILD, WITNESS OF THE DANCE OF LIFE

forms the basic element out of which they are made, by its power they move, and dancing a cosmic dance, in the rhythm of infinite time, they go back to the primordial element. But the "I am" remains unchanged forever, and witnesses the dance.

On the eastern horizon (in front) the purple glow of the rising sun appears. A new thrill of joy, life, and light plays through the whole atmosphere. A beautiful lotus bud appears on the surface of the water. Catching the radiance of the rising sun it attains full bloom and beauty. It scatters fragrance, elegance, and love. Gradually the form of a new-born babe appears lying still on the beautiful lotus. From every pore of its body, what a lustre, what a brilliance of knowledge and bliss emanates all around! The entire universe has been vivified, illumined, and strengthened by the radiance of that heavenly child. Slowly and gracefully it opens its lotus eyes and sits up; and casting its glance all around, what a celestial smile it showers from its heavenly countenance! With the revelation and awakenment of this divine child the entire universe turns around and concentrates its gaze on its beauty and perfection. It has

DIVINE COMMUNION

become the center of all existence; it has become the source of all power, beauty, purity, and perfection. Gracefully it raises its delicate hands and greets the rising sun, and another thrill of divine ecstasy surcharges the whole atmosphere. It is joy, it is infinite bliss and divine ecstasy that rule supreme within and without every manifestation !

I meditate, on the lotus of my heart, on the divine child, the symbol of my Divine Self, which reveals itself scattering beauty, peace, power, and perfection, as the sun of knowledge rises on the ocean of life. I feel that my consciousness has expanded over the entire universe. Looking within I find that I am the cosmic one. Within me is located the entire universe with all its systems. The lotus of my heart forms the center of the cosmos, which appears like my body. The brilliant figure of the divine child on the lotus is the soul, the basic truth, the source of the power and perfection of this cosmos !

Again I hear the cosmic symphony. It spreads a unique spell all over the whole universe. It fascinates and enchants every manifestation. Its melody becomes more and more powerful. It has brought into

DIVINE CHILD, WITNESS OF THE DANCE OF LIFE

harmony and unison even the minutest forms of manifestation. It creates the irresistible rhythm of ceaseless time, and every manifestation dances to the rhythm. All the atoms move in a gigantic cosmic circle. As the dance progresses, forms become thinner and thinner. Gradually they melt away. In the whirl of that cosmic dance every performer merges into the infinite substance. Finally that one ocean of infinite bliss pervades everything. That one substance exists, and I am still the witness of it.

DRUNK FOREVER

What is this strong current which is travelling into my system through every pore of my body ! Is it light or air or is it the fluid of bliss ? It is so soothing, strengthening, and uplifting, that it sends a unique thrill through my body, mind, and spirit. Gently and steadily it flows, softly it caresses every atom of my being. O, I am drunk with the wine of bliss ! My physical body has been completely saturated with the spiritual liquor of truth, and appears resplendent with the power of that heavenly fluid. All weakness, disease, and suffering, have been totally dispelled from my system, which shines in divine radiance, emanating joy, peace, and love for all. My mind has attained a state of perfect tranquillity, satisfaction, and peace. Freed from all obstacles, it shines in its own majesty of knowledge supreme. My senses and faculties have been sharpened and strengthened. Their hunger has been satisfied forever ! Their poverty removed, and all fear assuaged, they have nothing else to gain ! Oh, let me stay drunk like this forever !

MY BLISSFUL SELF

An infinite, divine, subtle substance appears within in the form of a warm light, and I am floating in that infinite ocean of absolute bliss. I can feel a gentle touch of the divine substance all over my body. It is so heavenly, so peaceful, so energizing and inspiring! I feel that every atom of my being has been absorbed into the divine substance and appears in a heavenly radiance, pure, strong, and perfect. All disease, imperfection, and darkness have been dispelled. The divine light within my physical being shines brilliantly, and sends out rays which stand around me in the form of a powerful aura protecting me from all dangers. By its light everything appears in divine glory, everything is transformed and transfigured! I meditate on that Divine Light which is the essence of my being.

TAKE ME ACROSS

This world is a veritable market place—a huge fair where people are assembled for buying and selling. I, as a wanderer, am roaming the fair place of this world, and doing my share of buying and selling. I meet people here, and call them father, mother, wife, child, friend or foe, but at the end of the fair each goes his own way without waiting for the others. Finishing my buying and selling, at last I stand on the desolate, sandy shore of the river of life. I am weary, I am tired of my experiences of the fair place of the world—I want to go home. I want to enjoy eternal rest. Lo, there on the other side of the river appears a golden palace all lit up with gorgeous light. Peals of laughter and happiness are flowing into my ears. I am eager to hear—I am eager to enjoy eternal peace and bliss. Who will take me across the river? Come, oh thou ferryman; come to me, I pray thee! I have nothing to do with the fair of life. I am through with counting profit and loss. Take me across, and grant me the comfort of home which knows no dis-

TAKE ME ACROSS

turbance. Oh ferryman, take me across the
river of life !

JOURNEY'S END

I hear a voice from within which, with piteous supplication, urges me to return home: "Come home to me, O traveller, and enjoy eternal rest and peace." My consciousness hears it from a distance, where, in the market place of life, it is doing its buying and selling. It hears the voice but being involved in the business of life it heeds it not. Yet constantly the voice rings from within. My mind stops for a while, turns around and directs itself inward. The voice becomes distinctly audible. It enters into the very being of the traveller. A powerful attraction exercises its influence on the sojourner. He pays no attention to the market place of life. The din and bustle is hushed. He turns around, homeward bound. But still his bundle of assets hangs heavy on his back. As he travels onward, the bustle of the fair place is but faintly heard, and the inner voice of the most beloved one becomes more and more distinct. Tired and weary, he trudges along. The inner voice, like a soft and gentle melody, puts vigor and energy into all his being. He proceeds on.

JOURNEY'S END

The tumult of the external world has completely died out. Even the memory of the market is fading away. The scene of life is forgotten. The comfort of home, its peace and tranquillity, loom large. The traveller gains more and more courage, strength, and vitality. He at last comes in sight of home. A new thrill, a new power, and unfoldment reveals before him. He stands for a while and enjoys that gorgeous vision of home. It is the abode of peace! It is the abode of plenty, perfection, and love! Why did he leave such a fortress and wander so long in the market place of life? He still feels the burden on his back and goes on bending under its weight.

At last he arrives home, the citadel of peace. He no more clings to his assets, but throws his bundle of Karma carelessly off. The dust of the way is wiped off, the sweat of fatigue is washed away, and the garments soiled from travelling are removed. He appears like a different person altogether. A new expression adorns his countenance. A new sense of peace and comfort radiates around him. He is ready to enter into the innermost sanctum of home. A secret door

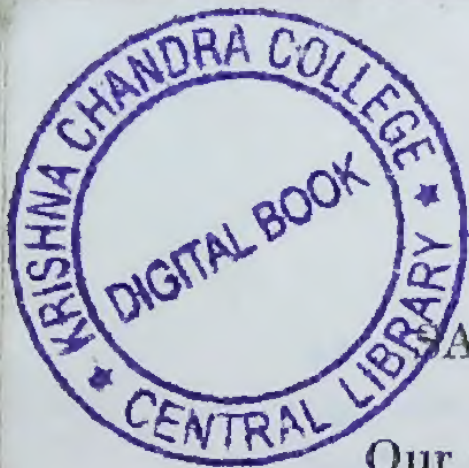
DIVINE COMMUNION

is flung open and a scene of grandeur and glory, of heavenly perfection, reveals itself. His own real self unfolds itself in front of him! Seated on a beautiful lotus throne he perceives the glorious form of the Mother, the eternal fountain of love—the one source of all perfection and power. A flood of light travels from that inner deity and surrounds the traveller. Every atom of his being has absorbed that divine light. He has been transfigured! He does not wear a physical body any more. He is composed of the divine spirit. He enjoys, with all his spiritualized senses, the beauty, and the perfection of the Mother. He drinks deep from the perennial fountain of her love. He is completely drunk. He has forgotten himself! His “I” is drowned! The Mother alone exists in all her beauty, godliness, purity, and perfection. She is Love condensed! She is Power in concrete form!

Complete stillness prevails. There is only one existence—the all-loving, all-powerful, and beautiful being, the Mother, the source of this universe! A tremendous power emanates from her, which withdraws every manifestation into oneness. Even her own form

JOURNEY'S END

is melting away. She expands and expands herself in the form of a divine substance, Before that tidal wave the sun and the moon and all the planets are melting away—are merging their individual existences into that all-compassing unity. This divine substance has completely covered up all space. Nothing else exists. It is one infinite existence, teeming with infinite bliss. It is knowledge absolute, peace absolute—and I am That.



SALUTATION TO THE MASTERS

Our reverential salutations go to all the past prophets, saints, saviors, and masters belonging to all ages, races, nationalities, and religions, from whom we have received the light of understanding. Our humble salutations to all the present god-like men and women who are upholding the cause of truth, goodness, and righteousness, by working for the upliftment of humanity. Our devoted homage to those future ones who are coming for the benefit of posterity to uplift human knowledge, and to guide humanity along the pathways of virtue and truth. We salute all of them over and over again. May it please them to give us right comprehension, right contemplation, and right expression, so that we may be able to realize that highest truth, which is the unification of all the different paths and processes followed by humanity, in different names and forms.

PEACE ! PEACE ! PEACE !

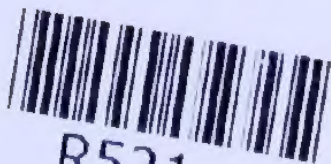
be unto us and all beings in the universe.

OM TAT SAT OM.

KRISHNA COL



KCC



R521